

SALMON FISH CAKES WITH LEMON BUTTER SAUCE

WHAT YOU'LL NEED

- 2 shallots finely chopped
- salt and ground white pepper
- 450grms salmon fillet, skinned & boned
- 1 tbsp butter
- 150mls dry white wine
- 1 tbsp freshly chopped parsley
- 350grms mashed potatoes without cream or butter
- pane of flour, egg wash and breadcrumbs

Lemon Butter Sauce

- 225grms unsalted butter
- 1 lemon juiced
- 50mls chicken or vegetable stock
- salt and ground white pepper

WHAT TO DO

1. Pre-heat the oven to 200 c. Take a baking tray and sprinkle with finely chopped shallots and season. Place the salmon fillet on top of the shallots and season again.
2. Add the white wine and cover with foil. Place in the oven to cook for 8-10 mins or until the fish is just cooked. Take care not to overcook the fish or it will become dry.
3. Place the salmon in a colander over a bowl and collect any juices. Next boil the juices down to a syrupy consistency.
4. Break up the salmon with a wooden spoon and add the reduction along with the parsley.

5. Next fold in the mashed potato, a spoonful at a time, until you have a binding texture. Check for seasoning before rolling out into small balls. Double pane the cakes and reserve for service.
6. For the sauce place the chopped butter in the pan with the lemon juice and stock slowly bring to a simmer whisking all the time, do not allow to boil.
7. If too thick add a little more stock, or if you require it sharper add a little more lemon juice if you require a creamy consistency mix in a processor.
8. To serve deep fry the salmon cakes and present with the lemon butter sauce.

Great served with chunky chips and a green salad