

Simon's

FINE FOODS

Farmers market demo Wednesday 2nd March

Pan fried Northern Pike and dill fishcakes, carrot, purple cabbage and caraway seed salad, framboise vinaigrette

Ingredients-makes 4 fishcakes

1lb mashed potatoes (Potatoes' supplied by Steve Guenther, Living Soil Farms)
10 oz part cooked pike fillet (Pike supplied by Jon Fonos, Fonos Fish)
1 stick of celery finely diced
½ small yellow onion finely diced
3 tsp chopped fresh dill
1 glass dry white wine
1 lemon zested
2 egg yolks
Sea salt
Fresh black pepper
Olive oil
Butter

Method

Mash

Peel and roughly chop the potatoes
Place in a pot and cover with cold water
Bring to the boil then simmer until the potatoes are tender
Drain and allow to sit for 10 minutes for the steam to escape
Push the potatoes through a mouli/ricer (These can be found at superstore)
Place in a bowl and start on the fish

Pike

Place the pike on a tray lined with baking parchment

Sprinkle the diced celery, onion, chopped dill

Pour over the white wine

Season with sea salt and black pepper.

Put into a pre-heated oven at 300f

Cook only half way, 5 minutes or so

Flake the pike flesh into the same bowl with the potatoes

Add the two egg yolks and zest of one lemon (Use a micro plane for the zest)

Using your hands mix the two together very lightly so not to overwork the mashed potato and to keep some bigger pieces of pike for texture.

Place the final mixture into a container and chill for 2 hours

Once chilled remove from the fridge and take 4oz pieces of mixture and roll into a ball in your hands and then shape into a hocky puck shape

At this point you could breadcrumb them and either deep fry or pan fry and finish in the oven.

We are going to pan fry without crumbing which makes them perfect for gluten free diets.

Take a frying pan and place on a low heat to warm the pan slightly then add your oil and butter. (If you add oil to a cold pan the oil doubles its volume as it heats up so you use more oil than needed)

Turn up the pan to medium and place your fishcakes in and fry for 4-5 minutes until golden brown then turn over and repeat on the other side for 3-4 minutes. When they are in the pan don't shake them, allow them to sit and develop a crust.

Serve straight away.

Carrot and purple cabbage salad-serves 4

4oz finely shredded red cabbage

8oz grated carrot

2oz finely sliced shallot

¼ granny smith apple grated

1 tsp caraway seeds

Sea salt

Black pepper

Method

In a bowl Combine all the above and season

Framboise vinaigrette

8 floz Raspberry dessert wine

4oz raspberries (use local when in season or freeze your own local raspberries)

10oz canola oil

In a food processor blitz the raspberries first

Then while the machine is running pour in the framboise wine followed by the oil until emulsified.

Taste and adjust the seasoning

If it tastes too tart add a pinch of sugar or 1 tbsp honey, the framboise will add some sweetness.

Take your carrot salad and pour the raspberry vinaigrette over and stir

Allow this to sit for 15 minutes to be absorbed stir before serving.