

## **Trout fishcakes**

This a nice way to eat trout that is often popular with those who don't like trout in general. The fishcakes go very nicely with a crisp salad or as part of a simple meal with baked beans, etc.

You can make these fishcakes in advance and freeze them for later. For best results, freeze on a non stick tray and then store in freezer bags separated by slips of grease proof paper.

- 12 oz cooked trout (can be grilled, poached, baked ( it doesn't matter)
- 8 oz creamed mashed potatoes (add milk or cream to ensure they are not too dry)
- one tablespoon chopped parsley (or a sprinkle of dried parsley)
- one clove garlic (crushed and chopped or squeezed through a press)
- one egg
- sprinkle of salt and pepper to taste

For the coating:

- one beaten egg
- three oz dried breadcrumbs (or fresh breadcrumbs left to dry for 1- 2 hours)

First flake the cooked trout, removing any bones as you go. Blend the trout in a mixer, or mash with a fork in a bowl, until the fish is smooth rather than chunky. Now combine the trout and other ingredients in a bowl, mixing well until you have a nice smooth mixture.

To make the cakes, take a small handful of the mixture and shape it into a round ball, then pat the ball to flatten it into a disc about one inch (2.5cm) thick. Now dip each side into the beaten egg and press into the breadcrumbs to give an even coating.

To cook, heat an even quantity of oil and butter in a pan and fry over a medium heat for 2 – 3 minutes on each side until golden brown.

Eat to complete.