



ANYTIME CRUMBED FISHCAKES

HEAT LEVEL 

Enjoy the anytime goodness of our Crumbed Fishcakes - a delightful blend of flaky fish, herbs, and breadcrumbs for a quick and satisfying seafood treat.

50 Mins

12 Servings

INGREDIENTS

125 ml (½ cup) milk
60 ml (¼ cup) water
450 g frozen hake fillets, thawed slightly
3 medium potatoes, peeled and quartered
45 ml (3 Tbsp) butter or margarine
30 ml (2 Tbsp) Spur Durky Sauce
45 ml (3 Tbsp) Spur Sweet Chilli Dressing
3 ml (½ tsp) Spur Lemon & Peri Peri Spice
Freshly ground black pepper to taste
250 ml (1 cup) cake wheat flour
3 extra large eggs, beaten
375 ml (1½ cups) dried breadcrumbs
Cooking oil for shallow frying
Spur Sweet Chilli Dressing for serving

METHOD

- 1 Combine milk and water in a large, heavy-based frying pan. Add fish and poach until cooked. Drain and cool slightly.
- 2 Boil potatoes in salted water in a medium, heavy-based saucepan until soft. Drain, add butter, and mash until creamy and fluffy. Add breadcrumbs, Spur Durky Sauce, Sweet Chilli Sauce, mint, seasoning, pepper and mix well.
- 3 Flake fish fillets and add to potato mixture. Roll mixture into medium-sized balls and flatten slightly. Place in fridge for about 20 minutes to chill before crumbing.
- 4 Roll fish cakes in flour, then dip into beaten eggs and lastly roll in the breadcrumbs. Place onto a baking tray and refrigerate for about 30 minutes to allow crumbs to set.
- 5 Heat oil in a large, heavy-based frying pan. Gently fry in hot oil until golden brown on both sides. Remove from oil and drain on paper towel. Serve with Spur Sweet Chilli Dressing and lemon slices.

VARIATIONS

- 1 Substitute hake with 2 x 170 g cans of tuna or 2 x 212 g cans of salmon.
- 2 Add 100 g green peas and substitute the mint with thyme, if preferred.

Quick Tartare Sauce

- 1 Mix 200 ml (¾ cup) Spur Salad Dressing with 1 egg, boiled and chopped, 15 ml (1 Tbsp) chopped fresh parsley and ½ small chopped onion.

