

# FISH CAKES FROM PILCHARDS



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3 tins tomatoes based pilchards  
1 tin chili pilchards  
garlic to taste  
parsley to taste about 3 ml  
onion  
1 potato  
3 eggs  
flour or bread crumbs or self raising flour  
spices to taste  
optional extras  
grated cheese  
finely grated carrot

Drain the 3 tins of tomatoes pilchards.

Add to a bowl once drained.

Place the chili pilchards with sauce in the bowl.

Add finely chopped onion and finely grated potato.

Add garlic, parsley and spices to taste.

Add any extras as desired.

Mix together until well incorporated.

Add 3 eggs and mix well.

Add flour until the mix is right to make fish cakes.

Dust hands with flour to prevent sticking.

In a thick based pan heat oil and then place the fish cakes in the pan on a medium heat. Once crusted turn over.

Place on paper towel once cooked to drain oil.

Top up oil as required allow oil to warm before add fish cakes.

Freeze and enjoy when require.

Recipe: Gordon Hodge