

Photo: Bryce Zhang



They must have found the potatoes! In deference to the Irish, OWEN SINCLAIR of McMorrisseys Irish Bar and Eatery rustles up a potato-based treat.

Ma Flanagan's MARKET FISH & SPUD CAKES

POUNDED POTATOES WITH FRESH FISH, EGG & PARSLEY AMONGST TOMATO RELISH, SOUR CREAM & SALAD

INGREDIENTS

- 2 fish cakes
- Rocket greens or salad greens
- Tomato relish
- Sour cream

TO MAKE THE FISH CAKES

- 500gm potatoes – preferably waxy potatoes
- 500gm market fresh or smoked fish
- 1 full cup diced onions
- 2-3 cloves garlic fine chopped
- 2 cups grated cheddar cheese
- 1/2 cup chopped parsley
- 8 eggs
- Juice and zest of 1 lemon
- 1 tsp salt or to taste
- Fresh ground pepper
- Flour
- Breadcrumbs

METHOD

Boil the potatoes with the skin on until soft then strain, allow to steam dry and cool. Place five eggs into cold water and bring to the boil, simmer for 10 minutes, then strain and refresh. Mash potatoes with your hands without making them (the potatoes!) too fine.

If using fresh fish, season and roast in a little oil. Cool the fish, then flake and add to the potatoes. Then add the onion, garlic, cheese, coarsely chopped boiled eggs, raw eggs, parsley, salt, pepper, parsley and lemon.

Mix thoroughly and add some breadcrumbs to bind if necessary. Check your seasoning. Roll into cakes big enough for two cakes per person, then dip in egg and breadcrumbs.

Cook in a little butter and oil on a medium heat or roast in the oven.

TO MAKE THE TOMATO RELISH

- 2 small tins (or 800gm fresh) tomatoes, chopped
- 2-3 onions, diced
- 2 tsp salt
- 1 cup brown sugar
- 1 cup malt vinegar
- 2 chopped chillies (optional)
- 1 tsp hot mustard
- 1 tsp curry powder

METHOD

Simmer all ingredients for just over an hour, then cool and serve cold. The 'bought' relishes are pretty good these days, but nowhere near as satisfying. Take the time. It's worth it. ■

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