

Fish Cakes with salad

Ingredients

Fish Cakes

- 400g Potatoes, washed
- 200g Smoked Mackerel fillets
- ½ Lemon (juice)
- 100g Breadcrumbs
- 2 tbsp Oil
- 100g Plain flour
- 2 eggs, whisked up to a liquid.
- Pinch Salt
- Pinch pepper

Salad

- ½ cucumber, sliced
- 2 tomatoes, sliced or wedges
- ¼ iceberg lettuce, broken into pieces

Serves 4



Method

Watch the video first before cooking

1. Heat oven 180C/fan 160C/gas 4
2. Put whole potatoes in oven for approximately 45 mins until cooked through. Allow them to cool. This can be done in advance.
3. Scoop out the center white of the potato into a bowl. Gently mash until fine using a masher or back of a fork.
4. Remove the skin from mackerel fillets and break apart with your fingers.
5. Finely chop fish & stir into the potato mixture. If the mixture feels a little wet add some breadcrumbs.
6. Add salt & pepper.
7. Form mixture into 8 small disc shape patties.
8. Prepare 3 plates with, one for flour, one with egg and one for breadcrumbs.
9. First dip the patties into flour, then into the beaten egg followed by the breadcrumbs make sure they are evenly covered each time. Put them onto a plate and cover with clingfilm.
10. Allow to chill in a fridge for ½ hour.
11. Heat a frying pan with your cooking oil. Put the fishcakes into the oil once hot and cook for a few minutes on each side. Remove from the heat.
12. Serve with the tomato, cucumber and lettuce decoratively arranged.

Measurement abbreviations

Recipes are full of culinary codes like abbreviations and weird measurements. Knowing the different cooking abbreviations and their proper unit of measurement can help make sure your dish comes out exactly as planned!

tsp teaspoon

dsp dessert spoon

tbsp tablespoon

g grams

oz ounces

lb pound

c cup

in inch

fl oz fluid ounce

ml milliliter









pt pint




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Nourishing Our Nation

Summer Chefig Ingredients for Recipe

INGREDIENTS	
400g Potatoes	
200g Smoked Mackerel	
½ Lemon	
100g Breadcrumbs	
2 tbsp Oil	
2 Eggs	
Salt pinch	
Pepper pinch	

INGREDIENTS	
	½ Cucumber
	2 Tomatoes
	½ Iceberg lettuce

g = grams

ml = milliliter

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IMPORTANT HEALTH & SAFETY INFORMATION FOR ALL CHEFS

PERSONAL HYGIENE

- Always have an adult in the vicinity before preparing food and starting to cook.
- Make sure that your clothes are clean. Wear a clean apron if you have one. Wear sensible close-toed shoes. No flipflops or bare feet. Jewellery should be removed and hair tied back.
- Hands should be thoroughly washed with anti-bacterial soap before starting each session. Hands must be washed between each food handling process especially when handling raw meats and uncooked vegetables.

WORK AREA

- Set up your work table with your tools chopping board and ingredients. Make sure that any soaps, detergents and bleaches are put safely away in cupboards.
- Have your recipe in front of you, read it thoroughly. Understand what it is that your trying to do.
- Make sure electrical appliances are kept a safe distance away from the wash up area.

FOOD PREPARATION

- Prepare raw vegetables and salad ingredients by giving them a thorough wash in clean running water.
- Do not wash raw meats before use, this can cause a lot of bacterial contamination in your working area.
- If possible use a separate board for preparing raw meats. After preparing raw meats wash your knife and chopping board with hot soapy water, spray with a sanitizer spray , then rinse.

KNIFE HANDLING

- Use the right knife for the right job. Always keep your knives sharp and clean.
- Never cut towards your hands. Always cut food down on a chopping board not held up in the air. When chopping keep your fingers curled back away from the blade.
- When task is finished place your knife neatly alongside your chopping board.
- Never drop your knife into a wash up bowl, this can cause injuries if you have forgotten it was there.

COOKING AREA

- Make sure pots and pans are safe on the stove. Handles should be turned in so they cannot be knocked.
- Be very careful when opening the oven door. First partly open the door to let the rush of heat escape, then carefully proceed. Use oven gloves or folded oven cloths. Never use gloves or towels when damp, this can immediately cause burns.

DANGERS

- Any spills of oils and grease should be cleaned up immediately. This will prevent yourself or others slipping injuring themselves.

FIRE

- If a fire happens whilst cooking, call an adult immediately. Have a fire blanket or fire extinguisher close by.

INJURY

- Always have a first-aid kit close by. In the event of an injury call for an adults assistance immediately.

TIDY DOWN

- At the end of your cooking session wash and clean all surfaces with hot soapy water. Follow up with sanitizer spray. Put all tools and equipment safely away.
- Make sure your oven and hobs are turned off.

COOK SAFELY, ENJOY YOUR COOKING!