

# ***Belhaven Salmon & Smokie Fishcakes***

**Serves 2**

**Ingredients:**

Approx 100g flaked fish from a pair of smokies  
1 x 100g boneless fillet of Belhaven salmon  
Milk for poaching salmon  
2 Medium potatoes, peeled & quartered  
1 Spring onion, trimmed & chopped finely  
1 Hard boiled egg  
1 tbsp chopped parsley  
Freshly milled pepper  
Flour for coating  
Beaten egg for coating  
100g wholemeal breadcrumbs  
30 ml (2tbsp) olive oil for sautéing fishcakes

**Method:**

1. Cook potatoes by placing in a pan of cold water, bring to the boil and simmer for 15-20 mins, depending on the size of your chunks, until soft.
  2. Drain potatoes and mash in pan until soft and fluffy. Transfer to a plate to cool.
  3. Meanwhile poach salmon in a pan for approx 5 mins on a medium heat with sufficient milk to cover the fillet.
  4. Lift out cooked fish and place in a mixing bowl.
  5. Combine salmon with mashed potato, flaked smokies, onion, boiled egg, herbs and seasoning. If the mixture is a little dry you can add a tablespoon of the poaching milk.
  6. Divide the mixture into equal portions and shape into patties.
  7. Dip in flour, egg, then crumb and set aside to chill if possible before cooking.
  8. Pan fry for 5 mins per side until golden.
- Serve with a small salad garnish of your choice.