

Smoked Haddock Fishcake with Poached Egg



Preparation and cooking time: 45 minutes

Serves: 4

Profitability:

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Ingredients:

300g skinless smoked haddock fillet

300g mashed potato

Milk

1 bay leaf

1 bunch of chives, chopped

1 lemon

Plain flour for coating

2 eggs, beaten & used for dipping

4 eggs for poaching

Breadcrumbs for coating

Mixed leaf salad

Steps:

Place the haddock in a pan, add the bay leaf and cover with milk and gently poach the fish until cooked. Allow to cool then flake the fish and set aside (the milk can be used to make a sauce to accompany)

Mix together the flaked fish, mashed potato and chopped chives. Add the zest of a lemon plus the juice to taste. Season with black pepper (as the fish is smoked there's no need to add any salt) and form into 4 cakes. Chill in the fridge for 10 minutes

Once chilled, dust all of the sides of the cakes with flour, dip in the beaten eggs then the breadcrumbs and repeat if required until the cakes are covered. It's important to reshape into cakes with your hands. Allow to chill in the fridge for 10 minutes

Now shallow fry the fish cakes in a non-stick pan with a little oil for 3-5 minutes on each side until golden brown and cooked through

Add a small dash of vinegar to a pan of steadily simmering water

Crack eggs individually into a ramekin or cup

Create a gentle whirlpool in the water to help the egg white wrap around the yolk

Slowly tip the egg into the water, white first. Leave to cook for three minutes

Remove the egg with a slotted spoon, cutting off any wispy edges using the edge of the spoon

Drain onto kitchen paper

Serve the poached egg on top of the hot fishcake. Serve with mixed leaf salad