

555

Amanda Roe

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Ingredients • 10 persons

Parmesan cream sauce:

20 g butter salted
20 g plain flour
300 g whole milk
200 g double cream
100 g parmesan grated
400 g wilted spinach

Fish cake mix:

500 g mashed potato
80 g sauteed leek
100 g poached white fish
100 g smoked salmon trimmings
100 g blended roe

Fish cake crumb:

24 g parsley flat leaf
40 g parmesan grated
20 g roe powder
300 g breadcrumbs

Fish cake:

1200 g fish cake mix
400 g fish cake crumb
100 g flour
100 g water

Fish cakes with parmesan cheese fondue

How to prepare and cooking

Preparation time: 80 minutes • Cook time: 6 minutes

Parmesan cream sauce: In a pan melt the butter then stir in the flour to make a roux. Slowly add the milk to the roux and stir continuously to avoid lumps. Now add the cream and cheese and bring to a simmer. Allow to cook out for a few mins then remove and serve.

Fish cake mix: In food processor or a bowl blend or mix the potato with the roe. Now in a bowl fold in the leeks, poached fish and smoked salmon ensuring not to break up the fish too much. It should form a dough like mix. If mix is a bit wet, then dust with flour.

Fish cake: In a bowl whisk the flour and water together to form a batter. Mould the fish cake mixes into 60 g pucks then dip into the batter mix and then drain and place into the crumb mix. Reshape and then fry at 180°C until golden brown and cooked through.

Fish cake crumb: In a food processor, blend the parsley with the roe and parmesan. Then mix in the breadcrumbs.

Serving: Place some wilted spinach onto the plate and stack two cakes on top then pour over some of the sauce



Recipes by Steve Walpole

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