



Fish cakes (Salmon)

One medium size tin of red salmon
7 ounces of cooked cold mashed potato
1 tea spoon of dried parsley
Gluten free breadcrumbs as required
Large egg (Beaten)
Beef dripping for frying
Salt and pepper to taste

Drain the salmon into a large bowl, then remove the skin and bones from the salmon, and add to the juice. Mix with a fork until the salmon is completely broken down. Add the parsley and salt and pepper mixing it well in.

Add some breadcrumbs, a few at a time until you have a handleable mixture.

Taking about an eighth of the mix form it into a cake, dip into the egg covering it completely, and then roll it in breadcrumbs until it is firm and handleable. Repeat this until all the mixture is used up.

Fry in the frying pan in a little beef dripping on a low gas, until the underside has browned, then add a little more dripping, turn the cakes over and cook the second side until they are nicely browned

Serve with parsley sauce (qv), chips and peas Sufficient for 3 people



This recipe has been brought to you by The Cream Of Tartar Company Limited

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