

Recipes by James Brown, MCGB

Oak smoked haddock fishcakes with Flookburgh shrimp sauce

INGREDIENTS (to serve 4 as a starter)

For the fishcakes:

450g (1lb) skinned, boneless oak smoked un-dyed haddock fillet
115ml (4 fl oz) milk
1 Tablespoon cornflour
Pinch of freshly grated nutmeg
2 tablespoons chopped fresh parsley
110ml crème fraîche or soured cream
Sea salt
50g (2oz) plain flour
A little butter and sunflower oil

Method:

Cut the fish into rough pieces and blend in a food processor with a little of the milk until very smooth: you will need to scrape down the sides of the processor several times to help this process. Scrape the mixture into a clean bowl and sprinkle the corn flour, nutmeg and parsley over. Season with sea salt. Mix the remaining milk with the crème fraîche and slowly beat into the fish mix, a little at a time, until the mix is light and fluffy (you may not need it all). Place in the fridge for ½ hour.

Form the mixture into round shapes about 1cm (½”) thick by about 6cm (2½”) across. Place the flour on a plate and coat the fish cakes on either side. Place them on greaseproof paper until you are ready to cook them. When the sauce is ready, pan fry in a little butter and oil on both sides until golden brown and hot through.

For the Flookburgh shrimp sauce:

110/ ¼lb cooked Flookburgh/ Morecambe Bay shrimps or small prawns, peeled
150ml/ ¼ pint fish stock (it is OK to use a fish stock cube)
25g/ 1oz butter
25g/ 1 oz plain flour
1 teaspoon of tomato puree
A splash of brandy
80ml/ 3fl oz double cream
Juice from ½ a lemon
1 tablespoon of fresh dill, chopped
Salt and pepper

Method:

Melt the butter in a pan and stir in the flour with a wooden spoon to make a roux. Remove from the heat and gradually stir in the fish stock until smooth. Replace on the heat and stir until thickened. Stir in the cream, bring to the boil then simmer for 5 minutes. Add the shrimps or prawns, salt and pepper to taste, lemon juice then finally the chopped dill, Stir on the heat briefly and serve with the fish cakes. You may like to reserve a few sprigs of dill and some wedges of lemon to garnish.



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