

The Salty Cove Bake Off!

Before you start, you will need a grown up helper to prepare some of the ingredients for you!



INGREDIENTS

450 grams of potato
75g of frozen peas
75g of tinned or frozen sweetcorn
A pack of fish pie mix
one cup of grated cheddar cheese
1 large egg
A tbsp of chopped parsley
1 cup of flour



1. Your grown up helper will need to peel and boil the potatoes in a large pan when they are boiled your adult helper will need to drain the water and put the potatoes back on the hob to evaporate any remaining water.

2. You will need lots of strength now, get a big bowl and a potato masher. Put in the potato with a small knob of butter and mash, mash, mash! Until its all fluffy like a cloud.

3. Meanwhile, ask the grown up helper to put the fish, frozen sweetcorn, peas and parsley in a pan pour in the milk and cook on a gentle heat until the fish is cooked through.

4. Pour the fish through a sieve and put to one side.

You are now ready to mix the other ingredients into your potatoes. Pour in the fish and sprinkle the grated cheese, stir gently till its all evenly mixed in.

5. Here is the fun part! Make sure its not too hot, then squish the mix into a ball and turn it out on to a floured surface. You can divide the mix into round patties. Or why not try making shapes by moulding the patties into a cookie cutter?

When you are happy with your shaped patties have a bowl of beaten egg and another bowl of flour. Dip the patties in the egg then the flour and lay them on a tray and place in the fridge to firm for 30 mins.

6. Now your grown up helper can heat a large frying pan with a big glug of olive oil. When the oil is hot, carefully lower the fish cakes into the pan. Stand back it will be very hot and the oil can spit! Cook for 5 - 7 minutes until the bottom goes golden brown then flip them over. Fry for another 5 - 7 minutes and make sure they are heated all the way through.

Now all that's left to do is dish up! Serve with a nice fresh salad and a wedge of lemon. Why not add a dollop of tartare sauce?

ENJOY!

