

# Taste the Hills

## Recipes and Tips

### Spiced Fish cakes

Serves 4

300g cooked white fish

200g mashed potato

4 spring onions, finely chopped

1 clove garlic, crushed and finely chopped

1 tbsp grated ginger

2 lemon grass stems, outer leaves removed and central section finely chopped

Handful of chopped coriander

1 red chilli, deseeded and roughly chopped

Salt and pepper

For the coating - 2 tbsp flour, 2 beaten eggs, 4 tbsp breadcrumbs

Oil for frying

### Method

Put the mash and fish into a large bowl. Make sure everything else is finely chopped, add to the bowl and thoroughly mix .

Heat oven to 160 degrees and put a dish in to warm.

With wet hands form the mixture into cakes and chill for half an hour or until needed.

Dip first into flour, then into egg and then into breadcrumbs.

Shallow fry in small batches and keep warm in the oven until all are ready.

Feeling inspired? Pick up a leaflet or visit our website to find other cookery courses on offer at the Discovery Centre



Pop up kitchen sponsored  
by Ludlow Food Festival

Shropshire Hills Discovery Centre –  
the home of Grow Cook Learn

School Road, Craven Arms, Shropshire SY7 9RS

Email: [info@shropshirehillsdiscoverycentre.co.uk](mailto:info@shropshirehillsdiscoverycentre.co.uk)

Tel: 01588 676060 [www.shropshirehillsdiscoverycentre.co.uk](http://www.shropshirehillsdiscoverycentre.co.uk)



Charity no: 1158795