

Potato Cakes

Basic Ingredients

- 500g / 1lb floury potatoes (suitable for mashing)
- 25g butter (approx.)
- 1 egg
- 1 tablespoon flour (if potatoes are too soft to handle)
- Salt and black pepper



Flavour the potato with any of the following:

- 250g / 8oz cooked fish or small tin tuna, flaked + 1 tablespoon chopped parsley
- **OR** 75g / 3oz grated cheese + 1 small onion, finely chopped and cooked
- **OR** 1 slice very finely chopped ham + 2-3 mushrooms, finely chopped and cooked
- **OR** flavouring of your choice

To coat (optional)

- 1 egg, beaten
- 1x200g packet dried golden or natural breadcrumbs, **or** homemade dried breadcrumbs
- Oil for frying

Method

1. Peel, cut and cook the potatoes in a pan of boiling water until soft (approx. 15-20 mins)
2. Prepare flavouring ingredients as necessary e.g. cook fish/grate cheese, chop vegetables/herbs etc.
3. Test potato, when soft, drain and mash until smooth.
4. Add butter, 1 beaten egg, and flavouring ingredients. If consistency is too soft to handle, add 1 tablespoon flour. Season with salt and pepper. Allow to cool.
5. Lightly flour the table. Tip potato mix onto the table and shape into a cylinder.
6. Slice into even sized portions and shape into round potato cakes using a palette knife and floured hands.
7. If coating the cakes, put beaten egg onto a plate and breadcrumbs onto another plate or paper towel.
8. Coat potato cakes in egg and crumbs. Repeat process.
9. Heat oil in a frying pan and fry gently until golden.

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