



Seasonal Recipes from Fountains Abbey

June Seasonal Recipe

Salmon and Cod Fishcakes – makes 8 fishcakes

Ingredients

- 500g Scottish organic salmon fillet
- 500g line caught sustainable cod fillet
- 1 kg potatoes
- 1 onion, diced
- 2 lemons
- 1 lime
- 6 sprigs dill
- Salt and pepper
- Olive oil
- Butter

Method

1. Heat the olive oil and butter in a non-stick pan. Place the salmon fillet into the pan, skin down, and season with salt and pepper. Turn over when the skin is golden brown and colour the other side. Lift the skin off the salmon and repeat with the cod fillet.
2. Peel the potatoes, cut in half, and cook in salted water. When they are nearly cooked, lift the potatoes out and leave to cool.
3. Heat another pan, cut the lemons and lime in half and place them inside the pan. Leave the lemons and lime until they almost blacken. Take them out of the pan and leave to cool down.
4. In the same pan, heat a little oil and butter. Add the onion and cook until golden brown.
5. In a mixing bowl flake the salmon and cod, break the potatoes in your hands and add to the fish. Then add the onions, add the juice from the lemons and lime, followed by the chopped dill and salt and pepper. Mix gently and shape into fishcakes.
6. Heat some olive oil in a non-stick pan, place the fishcakes in and fry gently until golden brown. Turn over and brown on the other side. Finish by baking the fishcakes in a pre-heated oven for 5 mins, gas mark 5 / 180C.