

Fish Cakes

60 MIN active cooking, 60 MIN to chill

6 Servings

Easy

Ingredients

- 1 pound either cod, hake, or salmon* see note about using salmon and other fish.
Check all fish for bones before or after baking
- 2 tablespoons to ¼ cup (approximately) good olive oil
- Sea salt
- Freshly ground black pepper
- 1 cup small-diced red onion – about ½ medium onion
- ¾ cup small-diced celery – about 2 to 3 large ribs
- ½ cup small-diced red bell pepper – about ½ large pepper or 1 small pepper
- ½ cup small-diced yellow bell pepper - about ½ large pepper or 1 small pepper
- ¼ cup minced fresh flat-leaf parsley
- 2 tablespoons capers, drained
- 1 teaspoon Worcestershire sauce
- 1 ½ teaspoons Herbs de Provence
- ¼ cup organic mayonnaise or vegan mayo
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- 1 ½ cups organic panko - divided for gluten-free cakes use One Degree brand Sprouted Brown Rice Crisps Cereal. Crush them up in a food processor and they will be similar to panko.
- 2 large eggs, lightly beaten

Instructions

Preheat the oven to 400 °

Bake the Fish

- Place the fish on an oiled rimmed sheet pan or, if the fish has skin, skin side down on a rimmed sheet pan with a silicone baking mat.
- Sprinkle with a little salt and freshly ground pepper.
- Bake for 8 - 12 minutes, depending on the thickness of the fish until just cooked.

Sauté the Veggies

While the fish is baking put a bit of olive oil in a sauté pan. Heat the oil on medium heat, but not to smoking. Put the onion in the pan add a generous pinch of salt and sauté for a few minutes, stirring regularly until the onions become translucent.

Then add the celery, red and yellow bell peppers, and a little more salt. Cook with a lid on the pan until the vegetables are soft, about 8 - 10 minutes. Stir regularly. Allow the veggies to cool.

Put it Together

In a separate bowl large enough for all the ingredients, combine the parsley, capers, Worcestershire sauce, Herbs de Provence, mayo, Dijon, 1/2 teaspoon salt, and 1/2 teaspoon freshly ground pepper.

The fish should now be cool enough for you to flake with a fork. Put it into the bowl with the parsley, capers, etc. Add the vegetable mixture, $\frac{3}{4}$ cup panko or crushed brown rice crispies, and the egg. Put the remaining panko/brown rice crispies on a separate sheet pan. Shape the fish mixture into 6 cakes. Roll in the panko/crispies and reshape the fish cakes so they are firm. Place on a sheet pan and put in the fridge to cool for at least 30 minutes up to an hour.

To Bake the Fish Cakes

Preheat the oven to 350°

Oil a sheet pan. Place the salmon cakes on the sheet pan, put them into the hot oven, and bake for 10 minutes. Carefully flip the cakes to the other side and bake for another 10 to 12 minutes until the coating has browned a bit.

To Pan Fry the Fish Cakes

Heat $\frac{1}{4}$ cup olive oil in a large sauté pan over medium heat. In batches, add the salmon cakes and fry for 4 - 5 minutes on each side, until browned. Drain on a wire rack placed over a cookie sheet or place on paper towels.

You can keep them warm in a preheated 250° oven and serve hot.