

**Anna Haugh, Chef/Owner, Myrtle Restaurant, London**

**RECIPE - Fishcakes with herb salad**

These crispy fishcakes are packed with sea bass, haddock and salmon and served with herb-dressed salad leaves.

Preparation time

less than 30 mins

Cooking time

less than 10 mins

Serves 2

Ingredients

For the marinade · ½ garlic clove, chopped · 2 tbsp olive oil

· 1 tsp salt · 1 tbsp lilliput capers · 1 tbsp chopped fresh dill

For the fishcakes · 50g/1¾oz sea bass, skin removed and diced · 50g/1¾oz natural smoked haddock, skin removed and diced · 50g/1¾oz salmon, skin removed and diced · 100g/3½oz mashed potato

For the coating · 150g/5½oz plain flour · 150g/5½oz panko breadcrumbs

For the herb dressing · 1 free-range egg yolk · ½ garlic clove · 1 tbsp white wine vinegar · 1 tbsp Dijon mustard · pinch sugar · 1 tbsp chopped fresh tarragon · 1 tbsp chopped fresh dill · 1 tbsp chopped fresh flatleaf parsley · 1 handful rocket leaves · 50ml/2fl oz extra virgin olive oil · 100ml/3½fl oz vegetable oil

To serve · 1 tbsp fresh tarragon, chopped · 1 tbsp fresh dill, chopped · 1 tbsp flatleaf parsley, chopped

· 2 nasturtium flowers, petals picked, and 6 nasturtium leaves · 2 tbsp capers

**Method**

1. To make the marinade, place all of the ingredients in a bowl and mix to combine. To make the fishcakes, add the sea bass, haddock and salmon to the bowl of marinade, stir to coat thoroughly and leave whilst you prepare the rest of the ingredients.

2. Preheat a deep fat fryer to 180C. (CAUTION: hot oil can be dangerous. Do not leave unattended.) Mix the fish and marinade with the mashed potato and shape into two flattened fishcakes.

3. To coat the fishcakes, put 50g/1¾oz of the plain flour and a pinch of salt in a shallow bowl and mix in about 100ml/3½fl oz water to create a batter consistency. Put the remaining flour in another bowl, and the breadcrumbs in another. Dip the fishcakes in

the flour first, then the batter and finally the breadcrumbs. Deep-fry the fishcakes for 4–5 minutes until golden on the outside and hot inside.

4. To make the dressing, blitz all of the dressing ingredients, except the oil, in a food processor, then slowly pour in both oils with the processor running until combined.

5. Place the fishcakes onto two serving plates, then top with the herbs, petals, leaves, capers and dressing.

## Recipe - Chicken fricassee with pesto and sun-blushed tomatoes

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves 2

Ingredients

For the pesto · 50g/1¾oz toasted pine nuts · 1 bunch basil · 40g/1½oz Parmesan, grated · 1 garlic clove, chopped · 1 lemon, zest and juice · 40g/1½oz extra virgin olive oil · 20g/¾oz vegetable oil · pinch salt

For the chicken fricassee · 2 tbsp olive oil · 2 chicken breast fillets, roughly chopped · 1 garlic clove, thinly sliced · 1 shallot, finely chopped · 200ml/7fl oz white wine · 200ml/7fl oz chicken stock · 40g/1½oz butter · 100g/3½oz sun-blushed tomatoes

To serve

- 300g/10½oz new potatoes
- 30g/1oz butter or 2 tbsp olive oil
- few sprigs fresh parsley

Method

1. To make the pesto, place the pine nuts, basil, cheese and garlic in a food processor or blender. Add the lemon zest and blend, adding the 2 types of oil gradually. Add a pinch of salt. Taste and add a squeeze of lemon juice to taste.
2. For the chicken fricassee, fry the chicken pieces in the oil in a casserole. Add the sliced garlic and shallot and fry until softened. Deglaze with the white wine and then add the stock. Bring to the boil and then reduce to a simmer. Stir in the butter once the chicken has cooked through.

3. Bring a saucepan of water to the boil and cook the new potatoes for 15–25 minutes, or until cooked. Drain and set aside.
4. Heat the butter or oil in a frying pan and fry the potatoes, squashing them into the pan with a spatula as you fry them for 6–8 minutes, until crisp and golden.
5. Serve the chicken fricassee with the pesto and sun-blushed tomatoes on top and the potatoes on the side. Garnish with the parsley.