TUNA FISH CAKE WITH POACHED HADDOCK, CURRY OIL, ROCKET-AND-SESAME-SEED SAUCE

Curry oil

Makes 3 tablespoons

Ingredients

1½ teaspoons Durban masala
1½ teaspoons turmeric
½ teaspoon coriander seeds
½ teaspoon fennel seeds
½ teaspoon cumin seeds
½ teaspoon ground cloves
2 dried chillies
60 ml sunflower oil

Method

You can really use any spices that you have at home; mine are just a suggestion.

Heat a pan, add all spices and allow to become aromatic. Add oil and bring to a simmer. Strain through a muslin cloth or oil filter.

Rocket sauce

Makes 4 portions

Ingredients

45 g rocket
90 ml boiling water
170 ml cream, firmly whipped
2 teaspoons black sesame seeds (white sesame seeds can be substituted)

Method

Liquidise fresh rocket leaves in hot water, strain through a sieve and push all flavour, goodness and colour out of the rocket. This should result in about 95 ml of liquid.

Add whipped cream to the cooled mixture. Sprinkle with sesame seeds.

Haddock

Makes 4–6 portions

Ingredients

1 400 g box smoked haddock fillets

Method

Cook from frozen in a pan filled with boiling water or milk for 8–10 minutes.

Tuna fish cakes

Makes 8 portions

Ingredients

1 170 g can tuna in brine, drained
6 sprigs fresh fennel
250 g mashed potato
½ cup dried breadcrumbs, fine
1 medium (approx. 80 g) white onion, grated
1 egg
½ cup milk
salt and pepper
½ teaspoon Durban masala
1 large clove garlic, crushed
2 tablespoons extra breadcrumbs
2 tablespoons butter and 3 tablespoons sunflower
    oil for frying

Method

Mix together all the fish cake ingredients. Roll in the 2 tablespoons of extra breadcrumbs and portion into 40 g ball sizes. Squeeze firmly, push out neatly and shape in a 7 cm cutter.

Heat a pan, add the butter and oil and lightly sear to add outer colour. Place onto a tray and bake at 160 °C for 10 minutes. Turn the fish cakes over and cook for a further 5 minutes.

Serve the fish cakes with poached haddock and fresh rocket leaves or add curry oil, rocket sauce and caviar for an added elegant touch.