

ABALONE FISH CAKES (PERLEMOEN)



Ingredients (for 3 people):

1 can abalone mince (drained)
1 onion chopped and fried until translucent with
2 cloves garlic – or more or less!
about 3 medium sized potatoes boiled until just going soft, then roughly mashed – kind of rustic
mashed potatoes
chopped up coriander – few tablespoons (we keep ours in freezer if I don't have fresh)
2 Tablespoons lemon zest
salt and pepper (feel free to add others – cumin, hint of garam masala etc etc).

METHOD

Mix up the above gently in a bowl. Form fishcakes with hands and dip in bowl of flour, followed by beaten egg, then breadcrumbs. This part gets a bit messy. Hang in there! Work gently and I use a big spoon to help turn the fishcakes to keep their shape.

Fry in pan with olive oil or butter until golden on both sides.

Serve with tzatziki sauce (we had some left over and it made for a good pairing!) or tartar sauce or mayonnaise... and a wedge of lemon.

Enjoy with a salad or whatever your heart desires.