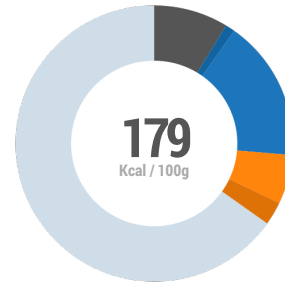


Breaded Kipper Fishcake with Poached Egg

Overview ...



WEIGHT:

17.7% Carbs

8.7% Protein

8.5% Fat

65% Water

Food Labelling...

Serves 4

CONTAINS:



WHEAT



EGGS



MILK



FISH



MUSTARD



SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
3428 - 3428 Portico Classic Butterfly Filleted Scottish Smoked MSC Kippers.. - BRAKES	225g	2 x Each
450066 (19 Oct 2023) - 450066 Maris Piper Potatoes (19 Oct 2023).. - BRAKES	400g	0.02 x Each
129495 - 129495 Arran Fine Foods Original Arran Mustard.. - BRAKES	30g	0.03 x Each
134293 - 134293 Sysco Classic Cracked Black Pepper.. - BRAKES	4g	0.01 x Each
113880 (19 Oct 2023) - 113880 Premium Large Chives Bunch (19 Oct 2023).. - BRAKES	20g	0.2 x Each
113881 - 113881 Herb Bunched Flat Leaf Parsley.. - BRAKES	20g	0.2 x Each
113875 (19 Oct 2023) - 113875 Herb Bunched Dill (19 Oct 2023).. - BRAKES	20g	5 x Average Portion
470703 - 470703 Plain Flour.. - BRAKES	40g	0.03 x Each
74454 - 74454 Yew Tree Organic Semi Skimmed Milk 2L.. - BRAKES	100g	0.05 x Each
122386 - 122386 Brakes 15 Dozen Scottish Fresh Medium Eggs (Scotland Only).. - BRAKES	302g	5 x Each
135538 - 135538 James Brown & Co Panko Breadcrumbs.. - BRAKES	200g	0.2 x Each
135180 - 135180 Terre & Mer Deep Frozen Green Asparagus.. - BRAKES	400g	4 x Each
470423 - 470423 Macphie Hollandaise Sauce 1 Litre.. - BRAKES	200g	0.2 x Each

Cooking Instructions & Notes

PREPARATION

- Defrost Kippers in a controlled environment. Boil in the bag for 10 - 12 minutes, allow to cool slightly and remove silver skin and flake into large pieces.
 - Peel and boil Maris Piper Potatoes till tender. Drain and allow to steam dry in a colander. Mash into small pieces and return to heat stirring to remove any further moisture. When done place in clean stainless steel bowl and chill.
 - Pick, wash and chop the Dill Leaves.
 - Pick, wash and chop the Flat Leaf Parsley
 - Wash and chop the Chives.
 - Lightly Poach and chill 4 Eggs.
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METHOD

- Combine the Kipper Fillet pieces, Maris Piper Mash Potato, chopped Herbs, 3gm Cracked Black Pepper and Arran Mustard together and mix well. Shape the mixture into 4 flat cakes and chill for 2 - 3 hours.
- Pre heat deep fryer to 175C.
- Put small pan of water on to simmer.
- Pass Fishcakes through a Pane (Plain Flour, Egg Wash (Egg & Milk whisked together) & Breadcrumbs).
- Deep fry Kipper Fishcakes till agreed core temperature has been achieved. Hot hold under kitchen lights.
- Heat Asparagus through the microwave. Put Hollandaise in squeeze bottle and heat bain-marie.
- Reheat Poached Eggs in pan of simmering water and drain to remove all residual water.
- To serve place Asparagus on warm service plate with Breaded Kipper Fishcake on top. Finish with Poached Egg, Cracked Black Pepper and a drizzle of Hollandaise Sauce.

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