Smoked Haddock, Cheese & Spring Onion Croquette

Fried fish croquette made with potatoes, smoked haddock, cabbage, spring onion and cheddar cheese

By Mark Irish

Overview ...





CALORIES:

46.9% Carbs

22.4% Protein

30.7% Fat

Food Labelling...

Serves **15**

CONTAINS:

WHEAT EGGS MILK FISH

MAY CONTAIN:

PEANUTS

Recipe Ingredients ...	Quantity:	Description:
125334 M&J Seafood Diced MSC Natural Smoked Haddock Fillet -	400g	
71128 Salted Butter -	50g	
135538 James Brown & Co Panko Breadcrumbs -	200g	
450066 Maris Piper Potatoes -	800g	
10469 Cooking Onions -	100g	
10467 Savoy Cabbage -	155g	
113881 Herb Bunched Flat Leaf Parsley -	30g	
10473 Spring Onions Bunch -	25g	
70219 Fresh Whole Milk -	400ml	
134429 Castello Tickler Extra Mature Cheddar -	120g	
470703 Plain Flour -	125g	
16392 18 British Free Range Fresh Medium Eggs -	111g	2x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

168g / 238kcal

1

Cooking Instructions & Notes

Preparation:

Peel and cut the potatoes into large chunks
Peel and finely dice the onions
Defrost the haddock
Peel and finely shred the cabbage
Grate the cheddar
Wash & chop parsley
Finely chop the spring onions

Method:

1. Poach the smoked haddock until cooked in a little milk.
2. Melt the butter and fry the onions until golden, set aside to cool
3. Boil the potatoes until still firm to the touch, drain and allow to steam dry. When cool enough coarsely grate
4. In boiling salted water cook the savoy cabbage and chill. Remove as much moisture as possible.
5. Mix all ingredients together
6. Roll into sausage shape using parchment and allow to chill
7. Cut into croquettes and pane
8. Deep fry @ 170oC until golden and core temp is achieved - serve as shown with a dip of your choice