

Haddock Fish Cakes

Haddock Fish cakes is a great simple meal or snack you can enjoy any time of the year. Most store-bought fish cakes barely have any fish and are mostly made with filler ingredients, like breading. If you have a food processor at home or feel like putting a little bit of love into a meal, we swear these fish cakes are well worth making.

Makes 8 Crab Cakes

Ingredients

- 1.5-2lb Haddock Fillets – Approx 2 Haddock Fillets (Cooked)
- 1/2 lb cooked potatoes (mashed)
- 1 cup Panko Crumbs
- 2 Eggs, whisked
- 2 tbsp milk
- 1/4 cup onion, finely diced
- 1 tbsp fresh thyme or 1/2 tbsp dried thyme
- 1 tbsp fresh chopped parsley – small handful for food processor
- 1 tbsp seafood seasoning (Old Bay)
- 1 tbsp chopped garlic
- 2 tbsp lemon juice
- 2 tbsp mayo
- 1 tbsp dijon mustard
- 1 tsp salt & pepper
- Oil for cooking
- Tartar Sauce (for dipping)



1. In a food processor, finely dice onion, garlic, parsley, & fresh thyme.
2. Add cooked haddock, process lightly until the fish is shredded (basically, don't puree the fish unless you prefer your fish cakes to have a 'smooth' consistency).
3. After everything is mixed, remove from food processor to set aside in a mixing bowl. Add the mashed potatoes, milk, whisked eggs, onion, lemon juice, Dijon mustard, seafood seasoning, salt & pepper. Mix ingredients thoroughly.
4. If your ingredients are too wet, add 1/4 cup to 1/2 cup panko or leave in the fridge overnight.*
5. Scoop up the mixture and mold with your hands in the shape of a ball
6. Coat the ball with panko crumbs and place on a plate. Repeat until all the mixture has been used.
7. Place the plate in the freezer for 8-10 minutes until firm, this will help them hold their shape when cooking.
8. Heat olive oil in a large frying pan over a medium heat. When the oil is hot, cook the fish cakes in batches for about 3-5 minutes per side, or until light golden brown.
9. Air fryer method: Spray the bottom of your air fryer with a cooking spray. Cook at 400 Degrees F for 5 min on one side, carefully flip over and cook the other side for another 4 – 5 minutes.
10. Serve with tartar sauce, or dipping sauce of your choice.