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Fish cakes

Ingredients (serves 1)

200 g of clean white fish

1 onion

1 carrot

Fresh parsley

1 egg

Extra virgin olive oil

Pepper

Salt (skip in case of hypertension or fluid retention)

Method

1. Peel and chop the onion and carrot into small pieces.

2. Fry lightly in a pan with a drizzle of olive oil. Set aside.

3. In the same pan, add a few more drops of oil and slowly brown the fish. Reserve.

4. Arrange the vegetables and fish in a tall container and blend for one minute. Add the egg, salt, and a few drops of olive oil. Blend together until forming a smooth cream.

5. Chop the parsley and add to the mixture.

6. Pour the mixture in individual ramekins, suitable for baking.

7. Cook in a bain-marie or double boiler at 150ºC for approximately twenty-five minutes.

8. Let the fish cakes sit, at room temperature, for about ten minutes. Remove from the mould and serve either warm or cold.

Recommendations

The fish cakes can be served with a spoonful of tomato sauce, romesco sauce or fresh herb mayonnaise.

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