

COOKING IDEAS



TOM'S FABULOUS FISH CAKES

Ingredients

Makes
6
Fish cakes

- 375g Pollock cut into 1 inch dice
- 185g wild Alaskan salmon cut into 1 inch dice
- 1 large onion finely sliced
- 1 large potato
- 1 heaped tablespoon of chopped gherkins
- 1 heaped tablespoon of chopped capers
- A handful of chopped parsley
- 1 egg yolk
- 30g butter
- 2 bay leaves
- 375ml milk
- A few sprigs of thyme
- 50g plain flour
- 2 eggs, beaten (for the egg wash)
- 200g breadcrumbs
- vegetable or groundnut oil for frying



Equipment

- 1 medium saucepan or roasting tray
- 1 chopping board
- 1 sharp knife
- 1 potato peeler
- 1 mixing bowl
- 3 small bowls
- 1 frying pan

Method

- Peel, quarter and boil the potato in a pan of boiling salted water for approx 20 mins, then drain and roughly mash.
- Place the butter into a medium sized pan on a low/medium heat and add the onions, a pinch of salt, a few sprigs of thyme and one bay leaf. Sweat with the lid on for 5-7 minutes making sure the onions don't brown. Set to one side and leave to cool.
- Gently heat the milk with the second bay leaf and some more sprigs of thyme to 'infuse'. When bubbles start to form at the edges of the pan, add the fish and cook for 3-4 minutes (without boiling).
- Drain the fish and leave to cool.
- In a mixing bowl, combine the fish, potato, parsley, gherkins and capers. Add the egg yolk and season with a little salt and ground black pepper.
- Mould the fishcake mixture into patty shapes and lightly dust with flour.
- Dip each fishcake into the egg wash, then into breadcrumbs and repeat again for a second egg/breadcrumb covering.
- Heat the oil in a frying pan and gently fry for 3-4 minutes until the fishcakes are golden on the outside (flipping them carefully).
- Bake the golden fishcakes at 200c for a further 3-4 minutes to warm all the way through and serve with a generous helping of Tom's Tomato Sauce.



Cook's Code ✓

'Infusing' liquids (like milk, water or oil) means adding another flavour, traditionally herbs.

Chefs use Panko breadcrumbs but you can make your own from crusts or stale bread. Break the bread into smaller pieces and pop in the oven on a low heat for about 30 minutes until it dries out. Then give the bread a quick whizz in a food processor and bingo – lovely breadcrumbs.

Pollock is a cheaper, more sustainable and equally delicious alternative to Cod. It's white and flaky just like Cod and available at Sainsburys. Look for the Marine Stewardship Council (MSC) label on all the fish you buy, then you'll know it's been sustainably sourced.



**BRENTSIDE
HIGH SCHOOL'S
REVIEW**

"I thought it would just taste like fish, but it's delicious and you can really taste the herbs and potato too!"

TOM'S APPLE TART



Ingredients

Makes
6
Tarts

- 9 Granny Smith apples
- 1 pack of ready made frozen puff pastry
- Small tub of thick custard (or Crème Patisserie)
- Butter for brushing
- Caster sugar for sprinkling



Equipment

- Electric or hand whisk
- Sieve
- Rolling pin
- Baking parchment
- Sharp knife
- 5" plain cookie cutter
- Apple peeler/corer
- Pastry brush
- Baking tray

Method

- Roll the puff pastry sheets to 4mm thick then leave the puff pastry to firm up in the fridge or freezer.
- Peel and core the apples, keeping them whole. Using a sharp knife, slice each apple into very thin rounds across the core.
- Once the pastry is set, take a 5 inch plain cookie cutter and cut out circles of puff pastry. Arrange these evenly on an oven tray lined with parchment paper.
- Spread each pastry circle with a thin layer of thick custard and start to stack the apple slices on top, starting with the larger rounds and working your way to the smaller ones at the top. Use 1^{1/2} apples per tart.
- To finish, brush the top with melted butter then sprinkle with caster sugar.
- Bake the tarts at 200c for 15-20 minutes until golden and crisp.



Cook's Code

For more advanced cooks, use homemade Crème Patisserie instead of custard. A little trickier, but that's what Tom uses and it's delicious!



**GRANGE
PRIMARY SCHOOL
REVIEW**

"Tom Aikens is very kind and he showed us how to make lovely food. It was the best day – ever!"



**SCHOOL
FOOD
MATTERS**

COOKING IDEAS

020 8392 5055
Charity Number 1134094
info@schoolfoodmatters.com

