

Salt cod croquettes & oven-roasted tomatoes

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White fish is an excellent source of omega-3 fatty acids.

Salt cod croquettes ingredients (serves 4)

- 500g fillet white flesh fish (such as cod or whiting)
- 2 tbsp coarse sea salt
- 4 medium-sized Dutch creams or Maris piper potatoes (about 600g), peeled
- 2 cups full-fat or skim milk
- 2 handfuls flat-leaf parsley leaves, chopped
- Sea salt and freshly cracked black pepper, to taste
- ½ cup plain (all-purpose) flour
- 4 eggs, lightly whisked
- 1 cup breadcrumbs (Panko), to coat
- 500ml vegetable oil, for frying
- Oven-roasted tomatoes (see recipe)

METHOD

To make the croquettes, place the fish on a plate and rub in the sea salt. Cover with cling film and place the plate in the refrigerator overnight.

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Meanwhile, boil the potatoes until they are very soft. Strain and mash in a large bowl and set aside. The mash does not have to be perfectly smooth, in fact a few lumps add a bit of texture to the final croquette.

Wash the salt off the fish. In a flat deep pan, pour in the milk and lay the fish fillet in the milk. Bring to the boil and simmer gently for five minutes until the fish is cooked. Strain.

Crumble the fish into the mashed potatoes. Add the chopped parsley. Season with salt and pepper and mash together.

Sprinkle the flour on a plate or board. Place the eggs in a small bowl and whisk lightly. Add the breadcrumbs in another bowl. Portion the mash into thumb-length logs and roll in flour, dip into the beaten egg and then dip into the breadcrumbs.

Heat the vegetable oil to 180°C in a deep saucepan or fryer.

When the oil is ready for frying, drop in the croquettes and deep-fry until golden brown – approximately one to two minutes. Remove them with a slotted spoon and place on kitchen paper to drain. Serve with the oven roasted tomatoes.

Oven-roasted tomatoes ingredients

Ingredients:

- 250g cherry plum tomatoes
- 2 tbsp olive oil
- 2 eschalots, peeled and sliced
- 1 clove garlic, crushed
- sprigs of your choice of rosemary, thyme, basil and oregano
- Sea salt and freshly cracked black pepper, to taste
- 1 tsp sugar

METHOD

Preheat the oven to 150°C.

To roast the tomatoes, place them in an oven tray with the oil, eschalots, garlic, rosemary, thyme, basil or oregano, salt, pepper and sugar. Roast for about 20 minutes.

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