

Smoked eel cakes with herb, mustard and horseradish mayonnaise

Ingredients

For the smoked eel cakes

sunflower oil, for deep-frying
100g/3½oz smoked eel fillet, finely chopped
1 tsp freshly grated horseradish
250g/9oz cold mashed potato
1 tsp chopped parsley
1 free-range egg, plus 1 egg yolk
25g/1oz plain flour
100g/3½oz panko breadcrumbs
salt and freshly ground black pepper

For the mustard and horseradish mayonnaise

6 tbsp mayonnaise
2 tbsp crème fraîche
1 lemon, finely grated zest and juice
2 tsp freshly grated horseradish
1 tsp grain mustard
2 tbsp chopped dill

To serve

pea shoots

Method

1. For the smoked eel cakes, preheat a deep-fat fryer to 180C. Alternatively, heat the oil in a deep-sided, heavy-based saucepan until a breadcrumb sizzles and turns golden-brown when dropped into it. (CAUTION: Hot oil can be dangerous. Do not leave unattended.)
2. Place the smoked eel in a large bowl and add the horseradish, cold mashed potato and parsley. Season with salt and pepper and mould into even golfball-sized balls.
3. Whisk together the egg yolk, egg and a splash of water in a separate bowl.
4. Dip the eel balls into flour, shake off excess and then dip into the egg mixture to coat it. Shake off excess and dip into panko breadcrumbs and cover completely, shaking off the excess. Flatten them into fish cake shapes.
5. Carefully place the fish cakes into the deep-fat fryer and fry for 3-4 minutes, until golden-brown and cooked through.

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 4

Swap fish cakes for smoked eel cakes - a taste of something a little off the beaten track.

By Brian Turner
From Saturday Kitchen

6. Removed with a slotted spoon and leave to drain on kitchen paper, and keep warm.
7. Meanwhile mix the mayonnaise and crème fraiche together. Add the lemon zest and juice with the horseradish, mustard and dill. Mix well and season with salt and pepper.
8. To serve, place the eel cakes onto a serving plate and spoon the mayonnaise into a dipping bowl. Garnish with pea shoots and serve.