

Kipper Cakes

SERVES 4

455g (1lb) kipper fillets. fresh or defrosted, skinned

1 egg, beaten

dash Worcestershire sauce

170g (6oz) fresh breadcrumbs (natural or golden)

lemon for garnish

1. Place the kipper fillets into a food processor or blender. Process or blend until finely flaked.
2. Stir in the egg, Worcestershire sauce and breadcrumbs.
3. Divide the mixture into 8 pieces and shape into 5cm (2") rounds. Chill for 10-15 minutes.
4. Cook under a low grill for 8-10 minutes turning once. Garnish with lemon and serve with salad and tomato and onion relish.

Tip: Smoked mackerel fillets can be used in place of kipper fillets.

