

## **Fish Cutlets**

Tuna & Pilchard cutlets Makes 35

Ingredients:

Pilchards in tomato sauce	– 425 g
Tuna in either brine or oil	– 2 x 185 g
Potatoes	– approx. 600 g
Green chillies	– 3 - 4 Chopped finely
Large onion Chopped finely	– 1
Ginger	– 1” piece finely grated
Tomato ketchup	– 2 dessert spoon full
Cumin powder	– 1 heaped tea spoon
Salt and Pepper	
Sun flower oil	– 2 dessertspoon full
Eggs medium	– 2 beaten
Bread crumbs	
Oil to fry	

## **Method**

1. Put the potatoes to boil
2. Empty Pilchards in tomato sauce onto a plate. Break the fish lengthwise and remove the centre bone and clean the guts.
3. Tuna in either brine or oil drain the liquid out and then squeeze with your hands to remove any liquid and crumble them into flakes
4. Lightly fry the onions in oil and when they are translucent add the green chillies and grated ginger and stir and cook for 2 minutes and remove from fire and allow it to cool.
5. When the potatoes are cooked pick them out of water using a slotted spoon or fork and leave it on a plate to cool.
6. Remove the skin from potatoes and mash it.
7. Add all the ingredients together including salt and pepper and mix it thoroughly.
8. Take some mixture in your hand and form a firm oblong shape.
9. Put the oblong shape into one palm and use the other to make a ball shape ensuring the mixture is held tightly
10. Dip them in egg mixture and then coat them in bread crumbs
11. Fry the cutlets in hot oil.

Alternate (**Tuna cutlets**) Makes approx 20

Tuna in either brine or oil – 2 x 185 g

Potatoes – approx 300 g

Green chillies 1 – 2 Chopped finely

Medium onion Chopped finely

Cumin powder – 1 heaped tea spoon

Rest of the ingredients given above and the procedure is the same

Alternate (**Macarel cutlets**)

Maceral tin – 425 g

Potatoes – 550 g

Large onion Chopped finely – 250 g

Green chillies – 5 Chopped finely

Pepper powder – 1 heaped tea spoon

Tumeric – 1/4 tea spoon

Salt – 1/2 tea spoon

Eggs medium – 2 beaten

Bread crumbs

Oil to fry

Method

1. Boil the potatoes.
2. Empty fish onto a plate. Break the fish lengthwise and remove the centre bone and clean the guts. Crumble them into flakes
3. Lightly fry the onions in oil and when they are translucent add the green chillies and stir and cook for 2 minutes and remove from fire and allow it to cool.
4. When the potatoes are cooked pick them out of water leave it on a plate to cool.
5. Remove the skin from potatoes and mash it.
6. Add all the ingredients together including salt and pepper and mix it thoroughly.
7. Take some mixture in your hand and form a firm ball shape.
8. You can either use a ball shape or flatten ball ensuring the mixture is held tightly
9. Dip them in egg mixture and then coat them in bread crumbs
10. Fry the cutlets in hot oil.