

Super salmon fishcakes: an easy & tasty supper

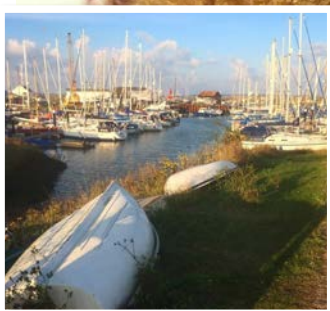
RECIPE
CORNER

With the weather hotting up, a wonderful coastal walk in Tollesbury is perfect for the family, with the dog or just on your own.

Take in the wonderful scenery and wildlife along the Sea Wall whilst recharging your batteries. For total de-stressing, it's wonderful to just sit and look over at FACT'S Lightship and the many boats, of every shape and size, in the harbour.

The Salt Pool is the perfect place for the kids to build sandcastles and splash about in the water - you can even try the new BBQ area; enjoy a picnic or just indulge in a spot of sunbathing.

For a real treat visit The Harbour View Bistro and enjoy a delicious meal with, yes, a lovely harbour view! We recommend the tasty salmon and crayfish fishcakes. And if you want to know the recipe, just read on.



Salmon and crayfish fishcakes

Ingredients:

- 350g mashed potato
- 1/2 poached salmon fillet
- 1/2 cup crayfish tails
- Fresh parsley
- Breadcrumbs
- 1 egg (beaten)
- Flour

Method

- 1** Crumble the poached salmon up, add the crayfish tails and parsley
- 2** Add mashed potato and mix well

- 3** Roll into hand sized balls
 - 4** Press into a ring shape
 - 5** Lightly flour
 - 6** Roll in beaten egg
 - 7** Roll in breadcrumbs
 - 8** Shallow fry for 5 minutes on each side until golden
- Serve on a bed of lettuce with a red pepper jam**

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Lunch and dinner Wednesday-
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THE
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