

THE SPICY CANAPÉ

Indian-spiced
fish cakes

A far cry from standard salmon fish cake, these spicy Indian delicacies make for the perfect starter or, if you make them small enough, an exciting new party canapé.

Cooking time 40 minutes

Ingredients (serves 4) ◆ 1 tbsp butter ◆ 3 garlic cloves, crushed ◆ 1cm piece of ginger, grated ◆ 1 onion, finely chopped ◆ 1 shallot, finely chopped ◆ 2 potatoes, boiled ◆ 400g white fish fillets such as haddock or cod, skinned ◆ 4-5 tbsp fresh coriander, chopped ◆ 2 eggs, beaten ◆ 125 g fresh white breadcrumbs ◆ salt ◆ oil ◆ **Whole spices:** ½ teaspoon cumin seeds ◆ ¼ teaspoon mustard seeds ◆ **Ground spices:** ½ teaspoon chilli ◆ ½ teaspoon garam masala ◆ ¼ teaspoon cumin ◆ ½ teaspoon ginger ◆ 1 teaspoon coriander ◆ ½ teaspoon turmeric

Method **Step 1:** Melt the butter in a saucepan over a medium heat. Add the whole spices. As the seeds sizzle add the garlic, ginger, onion and shallot. Fry until the onion is lightly browned.

Step 2: Remove from heat and add the



Fat: 6.4g
Kcals: 1.9*

SHARON'S SCONES HAD
NOT GONE TO PLAN

ground spices. Leave to cool, then transfer to a food processor and blend until it's a thick mixture.

Step 3: Mash the potatoes in a separate bowl and set aside.

Step 4: Poach the fish pieces in water for 5-8 minutes, adding a pinch of salt and the turmeric. Drain and wash away the turmeric. Dry the fish pieces with kitchen paper. Flake the fish. Add the fish to the bowl with the potatoes, and

mix. Add the onion and spice mixture and coriander.

Step 5: Shape the fish mixture into 6cm patties. Coat with the beaten egg and dip into the breadcrumbs.

Step 6: Fry over a medium heat for 3-4 minutes on each side until golden.

From The Three Sisters: Indian Cookbook by Priya, Sereena and Alexa Kaul (£16.99, Simon & Schuster)

SEE A REAL-LIFE WILLY WONKA

Our favourite week of the year (bar the January sales) is here. It's National Chocolate Week and to celebrate Claridge's Hotel will be hosting a special masterclass in chocolate truffle making by renowned chocolatier William Curley. This event is free, so simply show up to see him cooking up sweet treats live from Claridge's foyer. Their afternoon tea will also be chocolate themed for the week with salty caramel mousse and Madagascan orange chocolate sweets replacing lemon tart and bakewells. Until 18 October.

Claridges.co.uk. For other events see chocolateweek.co.uk

HAIL THE RETURN
OF RUM

Winter 2010 is all about the rum revival and we've got a favourite in the form of Ceylon Arrack, an exotic tippie from Sri Lanka. A favourite at London's Dorchester hotel and the Brompton Club, Ceylon is distilled from the sap of coconut flowers which natives collect by hand. There is less effort required in drinking the stuff. Serve it on the rocks or do like the Sri Lankans do and mix it with ginger ale. (£27.50 from harveynichols.com)



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