



Smoked Haddock Bubble and Squeak Cakes (makes 8)

4 medium or 5 small baking potatoes
130g strong cheddar cheese, grated
1 large onion finely chopped
220g smoked haddock, finely chopped
130g finely sliced sweetheart cabbage
1 dtsp whole grain mustard
black pepper
good handful chopped parsley
grated rind half lemon
plain flour
butter and olive oil

Bake potatoes, cool and scoop out the flesh.

Gently fry the onion until soft but not brown.

Wilt the cabbage in a steamer.

Combine all ingredients except the flour, the butter and the oil.

Flour hands and form mixture into patties.

Fry for 2 minutes on each side before transferring to a lightly greased baking sheet.

Good served with salmon fillet and steamed spinach.

Bake at 160C for 20/25mins.