

The Samuel Fox Country Inn

Comfortable rooms, fine food, real ales and a warm welcome



Smoked Haddock Fritters

Ingredients (makes 30 canapes)

100 g	undyed smoked haddock
125 g	soaked butter beans
125 g	cooked butter beans
1	onion
2 cloves	garlic
1	egg
50 g	flour
zest	one lemon
1 teaspoon	toasted crushed coriander seeds
½ teaspoon	ground cumin
½ teaspoon	bicarbonate of soda
2 tbsp	chopped fresh coriander
1 teaspoon	grain mustard
	salt and pepper for seasoning



Method

1. Soak all of the butter beans overnight in cold water.
2. In the morning divide the beans in half, gently cook half of the white beans in salted water until tender and soft.
3. While they are cooking, blend the remaining soaked butter beans in a food processor until they look like bread crumbs. Remove from the blender and put in a bowl.
4. Now drain the cooked butter beans and blend them until they look like breadcrumbs then add these to the blended soaked beans.
5. In a frying pan, add the chopped onion, garlic, ground cumin and toasted, crushed coriander seeds. Cook until soft and transparent with olive oil and salt. Then add to the mixed blended beans.
6. Poach the haddock fillets in hot water until cooked then drain and flake into small pieces. Add the flaked fish to the cooked onion mixture. Add this to the blended beans.
7. Then add the flour, bicarbonate of soda, eggs, chopped coriander, grain mustard and lemon zest. Mix thoroughly, season with some salt and pepper.
8. Roll into 20g balls and fry in the preheated deep fat fryer at 160 degrees until golden brown. If you prefer place the balls on a tray on parchment paper and freeze. When frozen solid transfer to an air tight container and keep frozen until required. They are small enough to be cooked from frozen whenever you want.
9. Serve with some lemon wedges and some lemon mayonnaise.