

FISH FOFOS

SERVES: 15
PREP TIME: 20 min
COOK TIME: 30 min

INGREDIENTS

Skinless haddock or cod fillet 600g
Boiled potatoes 300g, coarsely grated
Green bird's-eye chilli 1, finely chopped
Coriander leaves finely chopped to make 3 tbsp
Cumin seeds 1 tsp, coarsely ground
Black peppercorns 1/2 tsp, coarsely ground
Garlic 3 cloves, finely chopped
Ginger 2 thumb-sized pieces, finely chopped
Rice flour 2 tbsp
Eggs 3
Dried breadcrumbs 75g
Vegetable oil for frying
Mango chutney to serve

Onion Salad

Red onions 2, thinly sliced
Coriander leaves a small handful, finely chopped
Lemon 1, juiced



DIRECTIONS

Put the fish into a lidded pan and pour over enough water to cover. Bring to a simmer and gently poach for 10 minutes over a low heat with the lid on. Drain and flake the fish.

Put the fish, potato, green chilli, coriander, cumin, black pepper, garlic and ginger in a large bowl. Season, add the rice flour, mix well and break in 1 egg. Stir the mixture and divide into 15, then form into small logs. Break the remaining eggs into a bowl and whisk lightly. Put the breadcrumbs into another bowl. Dip each fofos in the beaten egg followed by the breadcrumb mixture. Chill for 20 minutes.

Heat 1cm of oil in a large frying pan over a medium heat. Fry the fofos in batches for 2 minutes on each side, turning gently to get an even golden brown colour all over. Drain on kitchen paper and repeat with the remaining fofos.

For the onion salad, mix together the onion, coriander and lemon juice with a pinch of salt. Serve with the fofos and mango chutney.

FOR A PINCH OF *Seabra's* FLAVOR...

This appetizer is a great starter for any family gathering.