

Bergedel Recipe

(Potato and Fish Cakes Recipe)

Ingredients: Serves 6-8

750 g potatoes
3 tablespoons oil
2 tablespoons chopped onion
1 tablespoon ground garlic
250 g flaked cooked fish
1 teaspoon freshly ground black pepper
1 teaspoon salt
½ teaspoon ground cloves
4 tablespoons plain flour
2 eggs, beaten to blend
oil for deep-frying

Method:

Cook potatoes in boiling water for 16 to 20 minutes (or microwave on High) until soft. Drain very well and peel, then mash fine. Heat oil in a wok over medium heat and fry onion and garlic for 5 to 6 minutes or until softened and lightly browned. Mix with mash, fish, pepper, salt and cloves until well blended. Heat oil in a wok over medium heat. With well-floured hands, roll egg-sized balls of mash into flat patties. Dust each bergedel lightly with flour, then coat well with the beaten egg and slip into the hot oil. Deep-fry in batches, for 3 to 5 minutes per batch, turning once, until golden brown. Drain well on kitchen paper and serve hot.

Note: You can use any white fish - even drained canned water-packed tuna, in a pinch.