

## Gluten, Dairy and Egg Free Salmon Fishcakes



My mother use to drive me nuts when I asked her for recipes. Her written notes included the phrase 'by guess and by golly'. I soon learnt why...she'd remembered recipes from the past; but did it by 'look' and 'feel' rather than cups or ounces. This is one of those converted recipes - so there are actual measurements. Do adjust to taste though - a little less Worchester sauce, or a little more if you prefer.

Free From: Dairy, Egg, Soya and Gluten

Contains: Fish

Preheat oven to 180°C, 360°F

## Ingredients

1/4 onion chopped finely

3 salmon fillets (we liked the lightly smoked ones best, but plain is fine)

3 cups mashed potato

2 tbsp of Worchester sauce

1 1/2 tbs of ketchup

Good pinch of salt and pepper

Organ Egg Replacer - 2 tsp whisked with 4 tbsp of water

A plateful of gluten free, or gluten free breadcrumbs for covering the 'cakes'.

## Method

First pop the salmon in a roasting pan and put in the oven for 18-20 minutes. Once cooked put to one side.

While the salmon is cooking, peel, chop and boil 4/5 good sized potato's to give you 3 cups of mashed potato

Mash (without adding milk or butter) and put to one side

Fry the onion in a tbsp of vegetable oil until translucent but not browned

Add in the salmon and onion to the mash. Don't break the fish up too much - I like to find 'lumps' of salmon

Mix to incorporate but don't turn it into mush.

Add in ketchup and Worchester sauce.

Don't be shy with the salt and pepper. You can taste the mixture and adjust as needed.

Form into fish cakes - I like them quite big so this recipe makes about 6 large fishcakes.

Put about 3/4 cup of gluten free flour on a plate and season with salt and pepper

Whisk the egg replacer with the water. Dip each fishcake into the 'egg' mixture.

Coat the cakes in the flour (put the fishcakes on the flour, cover, turnover and cover the other side)

Fry in vegetable oil in a pan on a medium heat for 4-5 minutes a side or until golden brown

Serve with wilted spinach and chips

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