

Shopping List



The fish cake mix :

500g any fish, I used salmon, smoked haddock, cod and king prawns

500g mash potatoes

½ bunch chives

½ bunch spring onions

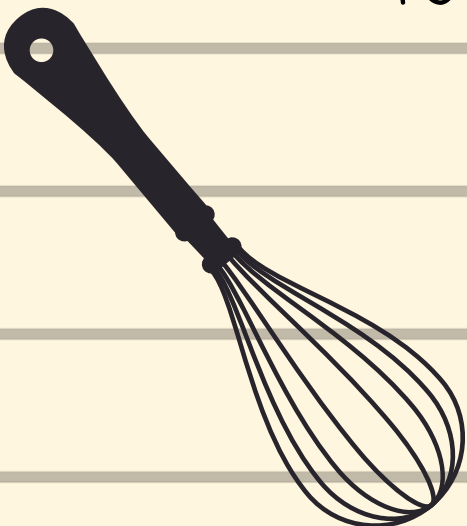
300g camembert or other soft cheese

To poach the fish:

500ml milk

2 bay leaf

½ onion



To bread crumb the cakes:

250g flour

2 eggs

250g breadcrumbs