

Smoked Salmon and Dill fishcakes with poached eggs and green salad

This is a simple twenty minute dish that will serve 2 as a main course and 4 as a starter. If you can get hold of some wild salmon, whatever you do don't use it for this dish! Good old farmed fish is more than adequate. On the other hand, don't go for farmed fish with too much obvious fat. If the flesh looks pale with white ribbons running through it, shop elsewhere.

250 grms Salmon fillet
50 grms Smoked Salmon
2 tbsp chopped Dill
Maldon sea salt
Black pepper
Ground nut oil for frying
4 very fresh eggs
100 mls white wine vinegar
Mixed green salad



Skin and bone the salmon fillets and place in a food processor. Add the smoked salmon, chopped dill, a good pinch of salt and black pepper. Blitz the lot to a paste. Form 4 cakes and place them on a plate in the fridge till you're ready to cook.

Half fill a large saucepan with water and add the white wine vinegar. Bring to a rapid simmer. Pour a couple of tablespoons of oil into a frying pan over a medium heat. Dust the fishcakes with plain flour and add to the frying pan. Cook for about four minutes (don't fiddle with them) and turn over. After turning the cakes, crack the eggs one at a time into the pan of water and poach for about three minutes until the whites are just set. When the eggs are done, the cakes will be cooked.

Divide the salad between two plates. Season the salad with salt and black pepper. Place two fish cakes on top of the salad and top with two poached eggs. Decorate with some Dill sprigs. For a starter, serve one cake and one egg per serving.

I don't think the salad needs a dressing for this dish. The oil from the fish cakes and the runny egg yolks combine to give you all you need. If you want to add a dressing then of course feel free. It's your dinner!