



## **BAKED SALMON CAKES WITH ROCKET SAUCE**

**750g fresh Norwegian salmon, skinned and cooked OR  
2 large tins pink salmon, deboned, drained and cleaned  
45g butter or margarine  
45ml flour  
375ml low fat or fat free milk  
4 eggs, separated**

Preheat oven to 200 °C. Pre-spray jumbo-sized muffin tins or oil them well. Set aside.

Put the salmon in some cold water with salt to cover the fish and simmer for about 10 minutes or until fish is cooked through. Remove from water, drain and cool slightly. Flake fish as finely as possible. If using tinned salmon, mash the fish lightly with a fork and then continue as below.

Melt the butter in a small pot. Stir in flour and then whisk in the milk until sauce is thickened. Cool sauce slightly. Then whisk in egg yolks and season to taste. Stir flaked cooked fish into white sauce.

Beat egg whites in a separate bowl until fluffy and stiff. Fold into fish mixture. Spoon mixture into the muffin tins. Bake for about 30 minutes in middle of oven or until brown and puffed.

## **ROCKET SAUCE**

**375ml thick plain yoghurt or light mayonnaise  
30g rocket  
30ml mint  
30ml parsley  
coarse salt and pepper**

Process yoghurt/mayonnaise with the rocket, mint, parsley, salt and pepper until smooth. Serve with the fish cakes.

Serve warm or at room temperature with the rocket sauce.

**Makes 6 fish cakes.**