

Smoked Haddock, Potato, Hijiki (brown sea vegetable) Fritter



<Ingredients (4 serve)>

- 200g Smoked Haddock
- 2 Large potato
- 1 Carrot
- 1 stalk Celery
- 2 cloves Garlic
- 4 Tbsp Dried Hijiki *
- 2 Eggs
- 30g Plain flour
- 1/4 tsp Baking powder
- Sea salt

Vegetable oil

*)



<Method>

1. Make the mixture

Peel the potato and cut into mouthful size. Peel the garlic.

Pour the water in a sauce pan and bring it to the boil. Add 1 Tbsp sea salt, potato, carrot, celery and garlic, and boil for 10 minutes on medium heat.

When the potato is enough cooked until to be pierced by skewer, drain.

Mash roughly.



Wash the Hijiki in a strainer briefly with running water.

Crack eggs and separate yolk and white. Whisk the white in a bowl.

Add the haddock, yolks, Hijiki, Plain flour, baking powder and one pinch sea salt in the mixture. Mix well.



Add the whipped egg white to the mixture and combine roughly not to squeeze the white.



2. Deep fry the mixture

Heat the vegetable oil on 180C.

Spoon the mixture and deep fry for 2 minutes until nicely golden coloured.

Sprinkle some sea salt over and serve immediately.