



Brian's Fish Cakes

For many years now, Brian has been making fish cakes, they have become increasingly popular and were even mentioned in an article in *The Boston Globe*. Brian, as most of you know, loves to fish, not just your average fishing, but breath-hold, free dive spearfishing. When it comes to using fresh fish, Brian knows what to do.

Cook's Note: We use whatever whitefish is available, but you can use whatever fish you like. Remember that fresh fish is always best.

2 Lbs fresh fish (your favorite)	2 Eggs
2 Bay leaves	4 Drops Tabasco
6 Cups water	2 Tbls Capers
1/2 Cup minced onion	1 tsp Pepper
1/2 Cup minced celery	1 tsp Salt
2 tsp Olive oil	2 tsp Worcestershire
1 Cup bread crumbs	1 Tbls tarragon
1/4 Cup mayonnaise	(2 Tbls if fresh)
3 Tbls Dijon Mustard	2 Tbls Fresh parsley

Lightly poach fish in water with bay leaves until done (5–8 minutes).

Saute onion and celery in olive oil until onions are translucent.

Combine vegetables and fish and let cool in refrigerator.

While mixture is cooling combine remaining ingredients in a large mixing bowl.

Add Fish and vegetable mixture of remaining ingredients and mix thoroughly.

Form into patties (roughly 5oz each).

Pan fry in a light oil on medium heat for about 3 minutes each side.

Serve as a sandwich, over a salad or as a main dish.

Serve with tartar sauce and fresh lemon.