

YIELD: 30

Sri Lankan fish cutlets(croquettes).

Fish cutlets are a spicy and savory bite, perfect for any time of the day.

your party spread just wouldn't be the same without these appetizers.

With step-by-step photos and instructions, you can easily make these fish cutlets at home.

PREP TIME

30 minutes

COOK TIME

45 minutes

TOTAL TIME

1 hour 15 minutes



Ingredients

- 2 large potatoes equal to 250g(you can add another large potato to increase the number of cutlets if you are under a tight budget)
- 1 can of Jack mackerel/large tin-425g
- 1 large onion chopped into very fine pieces(important)
- 2 green chillies chopped(the more you add the spicier it gets so adjust accordingly)
- 1 lime
- 1 tablespoon of pepper
- Salt to season
- To coat and crumb the cutlets
- 2 large eggs
- 2 cups of bread crumbs
- 1 and 1/2 cup oil to fry

Instructions

Slice the onions(1 large) into smaller pieces and chop the green chillies(2) as well, set them aside.

Fill a cooking pan with water to boil the potatoes(2 large amounts to 250g, you can add an extra potato if you are on a tight budget and want to make more cutlets).

Fill the water just enough to cover them and boil until the potatoes are soft enough that a fork can go through.

30-45 minutes over medium fire.

Once the potatoes are boiled tender, let them cool and then peel off the skin. Using a fork or your fingers crush the potatoes.

What you want is not completely mashed potatoes but with a few small lumps.

Before mixing the ingredients, keep in mind, you'll be using green chillies, flaky fish that need to be formed into balls, you might need to wear disposable gloves if you prefer your hands not to carry the smell of fish.

Drain the canned fish(425g, substitute with tuna cans)and add it to the mashed potatoes.

Season with salt(1/2 tsp), pepper(1 tbsp), lime and add the chopped onions and green chillies to the mix.

Combine all the ingredients well. 2-4 minutes.

Taste to check if the seasoning is to your liking, adjust by adding pepper, salt and even a little bit of red chilli powder season if necessary.

Once you are done with the mixture, it should be mixed enough that they form balls easily.

How to make the cutlet mixture to freeze.

If you are planning to freeze the cutlets, you will need to remove all the moisture from all of the ingredients in the fish cutlets.

To do this you will have to first cook the onions in a little oil until they turn translucent, and then add the cooked potato, fish and seasoning into the pan with the onions.

Cook over low heat for at least another 5-7 minutes until you have no moisture(cook without adding additional oil).

Remove from fire, let it cool and proceed with the recipe instructions.

Read **how to freeze the cutlets** with instructions under the same subheading above.

How to shape the fish cutlets.

Set a platter, large enough to hold all the fish cutlets close to the mix, to make the same size balls.

Use a standard tablespoon and form balls with the mixture. see notes about why you need to chop onions into smaller pieces.

Form and set the fish balls apart from each other.

How to coat and cover the fish balls on bread crumbs.

Once the fish balls are done. it's time to coat and crumb them.

Take two wide-mouth containers, use one of the containers for the beaten eggs, the other to hold the breadcrumbs.

Coat the fish and potato balls first in egg(see notes on how to avoid sticky breadcrumb fingers), move it so that the eggs coat the ball completely then transfer to the breadcrumb and coat the balls with it as well.

Make sure the egg and breadcrumb coating is done well.

The best way to coat the fish balls in breadcrumbs is, as you transfer the balls from the egg to the breadcrumbs, gently roll it around to get the first coating of breadcrumbs.

As you pick up the cutlet make sure you grab a handful of breadcrumbs, turn your hand so the cutlet is in your palm and gently shake your hand side to side with your fingers spread.

This way your hand is working like a strainer for the crumbs while coating the cutlets at the same time. do this at least three times for a fine but firmly packed coating for the cutlets.

Once you are done with coating all the cutlets, it's time to fry them.

How to fry the fish cutlets.

Please keep in mind that oil temperature plays a big part in getting perfectly deep-fried cutlets(see notes about oil temperature and how to fry the cutlets without cracking them).

Set a large bowl with a paper towel to soak in extra oil and fry the cutlets in small batches until they turn golden brown. transfer to the bowl with paper towels.

For better taste serve while they are still warm.

Nutrition Information: **YIELD:** 30 **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 122 TOTAL FAT: 6g SATURATED FAT: 1g
TRANS FAT: 0g UNSATURATED FAT: 5g CHOLESTEROL: 21mg SODIUM: 100mg
CARBOHYDRATES: 13g FIBER: 1g SUGAR: 1g PROTEIN: 5g



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