

Spicy Fish Cakes (Fish Patties)



Spicy fish cakes (fish patties) crispy outside, soft in the center, these richly flavored spicy patties are a terrific appetizer. Easy, healthier, low carb and made with salmon. Freezes beautifully!

Course	Appetizer
Cuisine	Middle Eastern
Keyword	Fish Cakes, Fish patties, salmon fish cakes
Prep Time	20 minutes
Cook Time	15 minutes
Total Time	35 minutes
Servings	16 patties
Calories	138kcal
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Cost	\$11

Equipment

- [Mixing Bowl](#)
- [Cast Iron Skillet](#)

Ingredients

- 2 lbs Salmon (or Tuna, canned or steamed, boneless)
- 1/2 cup onion grated
- 1/4 cup chickpea flour roasted or breadcrumbs
- 1/4 cup cilantro fresh, chopped
- 2 lbs chili peppers (jalapeno)
- 1 tbsp garlic grated
- 1 tbsp mint (dried or 2 tbsp fresh mint)
- 2 tsp curry powder or middle eastern mixed spice
- 1 tsp cumin ground
- 1 tsp coriander ground
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp red pepper flakes
- 2 eggs large
- 1/2 cup panko bread crumbs
- 1/2 cup peanut oil* (some will be leftover after frying)
- [Salt](#) if needed

Instructions

Fish Cake Mixture

1. Crumble the canned or steamed fish into smaller pieces. Add the grated onion, chickpea flour, cilantro, chili peppers, garlic, chopped mint, curry powder, cumin, coriander, paprika, turmeric, red pepper flakes

and one egg to the fish.

2. And mix it all up very well into a smooth and moldable mixture. Canned fish will have some added salt, so add more salt only if needed.

How to Make Spicy Fish Cakes

1. Divide the fish cake mixture into 12 to 16 portions. Roll each portion and flatten into an oval disc. Keep the shaped patties aside.
2. Set up the items for breading the patties. Beat the egg. Spread the bread crumbs in a flat plate.
3. Dip each salmon patty in the beaten egg and then dip it in the bread crumbs, making sure to coat all around in each step.
4. Press the patty gently to make sure the bread crumbs are nicely set on it. Keep the prepared fish cakes aside.

How to Fry the Spicy Fish Cakes

1. The fish cakes may be shallow fried in two batches in a skillet that has enough room for six to eight patties.
2. For each batch, heat 4 tablespoons oil in the skillet on medium high. Once the oil is hot enough, slide six to eight fish cakes and lower the heat to medium and shallow fry both sides for 2 to 3 minutes each until golden brown. Once done, transfer to a plate lined with paper towels.
3. Serve these spicy fish cakes in a platter with some onion and lime slices. May serve these as an appetizer, side dish, snack or they can be used to make sandwiches.

Nutrition

Serving: 0g | Calories: 138kcal | Carbohydrates: 0g | Protein: 0g | Fat: 0g | Saturated Fat: 0g | Polyunsaturated Fat: 0g | Monounsaturated Fat: 0g | Trans Fat: 0g | Cholesterol: 0mg | Sodium: 0mg | Potassium: 0mg | Fiber: 0g | Sugar: 0g | Vitamin A: 0IU | Vitamin C: 0mg | Calcium: 0mg | Iron: 0mg

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