
Classic Crispy Fish Cakes (Low FODMAP)

Golden, crispy fish cakes made with fluffy potato and flaky white fish - a comforting British classic that's gentle on sensitive stomachs and perfect for weeknight dinners.

Prep: 35 min

Cook: 25 min

Total: 120 min

Servings: 10

Low FODMAP ✓

Ingredients

450g, peeled and chopped into 3cm chunks (about 3 medium potatoes) potatoes

450g frozen or fresh (cod, haddock, or pollock - not salmon) white fish fillets

2 tablespoons (about 8g), finely chopped fresh parsley

1 large (about 50g), beaten free-range egg

to taste salt

freshly ground, to taste black pepper

3-4 tablespoons for frying vegetable oil

Instructions

Step 1: Prepare the mashed potato base

(20 min)

Preheat your oven to 190°C (375°F/Gas Mark 5). Bring a large pot of salted water to a rolling boil, then add the potato chunks. Cook for 15 minutes until completely tender when pierced with a fork - they should break apart easily. Drain thoroughly in a colander and let them steam dry for 2-3 minutes to remove excess moisture. Return the potatoes to the pot and mash vigorously with a potato masher until completely smooth with no lumps remaining. Set aside to cool slightly.

Step 2: Cook the fish

(25 min)

While the potatoes are cooking, arrange the frozen fish pieces in a single layer on a roasting tin. Place in the preheated oven and bake for 10-15 minutes until the fish is opaque throughout and just beginning to flake when tested with a fork. Remove from the oven and allow to cool until comfortable to handle, about 10 minutes. Carefully remove any skin and check thoroughly for bones, then gently flake the fish into large, chunky pieces - you want visible flakes, not a paste.

Step 3: Combine and shape the mixture

(15 min)

In a large mixing bowl, gently fold together the cooled mashed potato, flaked fish, chopped parsley, and beaten egg. Use a light touch to avoid breaking up the fish too much - you want to see distinct pieces of fish throughout. Season generously with salt and freshly ground black pepper, tasting and adjusting as needed. Divide the mixture into 8-12 portions depending on your preferred size, then shape each into a round patty about 2cm thick. Place the shaped fish cakes on a plate lined with parchment paper.

Step 4: Chill the fish cakes

(60 min)

Cover the fish cakes loosely with plastic wrap and refrigerate for at least 1 hour, or up to 24 hours. This chilling step is crucial - it allows the mixture to firm up considerably, which prevents the cakes from falling apart during frying and helps them develop a better crust. If you're in a rush, 30 minutes in the freezer will work, but longer is better.

Step 5: Fry until golden and crispy

(20 min)

Heat about 3-4 tablespoons of vegetable oil in a large frying pan over medium heat until shimmering but not smoking. Carefully add the chilled fish cakes, working in batches if necessary to avoid crowding the pan. Fry for 4-5 minutes on the first side without moving them, until deeply golden brown and crispy. Flip gently with a spatula and cook for another 4-5 minutes on the second side until equally golden and heated through to the center. Transfer to a paper towel-lined plate to drain briefly, then serve immediately with your favorite Low FODMAP accompaniments.