

2 minutes application break

# Fish cakes

## Facts

**Origin** Ancient civilizations

**Dates back** Middle Ages

**Ingredients** Fish, mashed potatoes, and spices

Fried or baked as a main dish or appetizer

## MixSing Process



### Design

Shear	CFD simulations confirms >200,000 s <sup>-1</sup>
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 75,000 cP
Accessories	Vacuum system, scrape agitator
Materials	Stainless steel: AISI 316L. All materials: EC 1935

## Insight

Fish cakes, also known as fish patties or croquettes, are traditional dishes made from ground fish, mashed potatoes, and various seasonings. They have a long history dating back to ancient times and are a staple in many cuisines worldwide. The origins of fish cakes can be traced back to ancient civilizations, such as Greece and Rome, where fish was commonly used in cooking. In the Middle Ages, fish cakes were a popular way to use leftover fish.

Fish cakes are typically made by mixing ground fish with mashed potatoes, breadcrumbs, and seasonings such as salt, pepper, and herbs. The mixture is then

shaped into cakes or patties and fried or baked until golden brown. Some variations of fish cakes include adding different types of fish, such as salmon or cod, or using different seasonings, such as curry powder or ginger, to create unique and diverse flavours. The use of fish cakes in different countries varies; for example, in Asia, fish cakes are often made with a mixture of fish and seafood, such as prawns, squid or crab.

Fish cakes are commonly served as a main course, side dish or appetizer. They are often paired with a dipping sauce or a salad. Fish cakes are also popular street food in many countries, such as Japan and

South Korea, where they are often served as a snack or a quick meal. They are also a popular ingredient in many home-cooked meals as it is easy to make and can be stored for future use. Fish cakes are also widely used in many professional kitchens and are considered an essential ingredient in creating a wide range of dishes. They can be served in many ways, such as deep-fried, pan-fried, or grilled.