

Scrumptious & Sustainable Fishcakes: A Collection of the Best Sustainable Fishcake Recipes from Canadian Chefs, Coast to Coast | 9780887809835 | 2011 | 96 pages | Elizabeth Feltham, Virginia Lee, Elaine Elliot, Craig Flinn, Sandra Nowlan, Maureen Tilley | Formac Publishing Company Limited, 2011

Cookbook Team Formac wrote Scrumptious & Sustainable Fishcakes: A Collection of the Best Sustainable Fishcake Recipes from Canadian Chefs, Coast to Coast, which can be purchased at a lower price at ThriftBooks.com. We use Cookies to collect information when you visit our site. You can learn more about how we use this information in our Privacy Policy. By closing this banner or continuing to use our site, you consent to our use of Cookies. Accept & Close. Skip to content. —. Scan a barcode. Search Button. Hi Reader! Tuna fishcakes are super-easy, quick and cheap. You can also make and freeze them. Serve with a crispy salad, rice or vegetables for a tasty and filling dinner. Each fishcake provides 170kcal, 10g protein, 19g carbohydrate (of which 1.5g sugars), 5.5g fat (of which 1.5g saturates), 2g fibre and 0.6g salt. Shape the tuna mixture into six fishcakes. Coat each first in flour, then in egg, then in breadcrumbs. (You can use one hand for the flour and breadcrumbs and another for the egg, to keep your fingers clean.) Place on a baking tray and bake for 15 minutes, or until the breadcrumbs are just golden. Serve. Recipe Tips. To freeze the fishcakes, once shaped, wrap them individually in cling film and freeze for up to 3 months. Sustainable fish to eat. Sustainable seafood recipes. 10 reasons to choose the blue fish label. Buy sustainable seafood. A foodie's guide to sustainable salmon. A foodie's guide: five of the best fish for the barbecue. A foodie's guide: five of the best shellfish for the barbecue. A foodie's guide to sustainable hake. Home. Eat sustainable seafood. One of the key challenges facing sustainable fisheries is that female halibut don't reach sexual maturity until at least 10 years of age. This creates a dilemma for regulation bodies and fishers as to the best sized halibut to catch in order to guarantee stocks remain healthy in future years.