



SESAME-COATED FISH CAKES

Remove skin and bones from the fish and cut the fillets into cubes. Preheat the oven to 180°C and line a baking tray with baking paper. Place the cubed fish in the baking tray and pat dry with paper towel. Season with salt and pepper, and coat with half the olive oil. Bake for 6 minutes or until cooked through. Leave to cool and flake the fish into a mixing bowl. In a pan over low heat, add the rest of the olive oil, onion, garlic, chickpeas and spices, and fry for 3 to 5 minutes while stirring continuously to avoid too much browning. Remove from the heat, leave to cool and then blend it in a food processor or crush roughly using a spoon or fork. Mix the chickpea mixture with the fish, tomato, herbs, mayonnaise, lemon juice and butter. Season to taste. Divide the mixture and shape into small patties of about 60 g to 100 g. Place them in the fridge for 10 minutes to firm up.

To make the sesame coating, line up three bowls: the first with flour, the second with beaten egg and the third with a mix of breadcrumbs and sesame seeds. Coat the fish cakes in this order, first with flour, then with egg and then with the breadcrumb-and-sesame mix. Keep the coated fish cakes in the fridge until you're ready to cook.

Heat cooking oil to a medium to high temperature and fry the fish cakes until golden brown. Serve with limes halves.

Serves 8-10

250 g tilapia fillets
250 g salmon fillets
250 g kingfish fillets
salt and pepper
60 ml olive oil
1 large red onion, finely chopped
4 spring onions, thinly sliced
4 garlic cloves, chopped
1 tin (410 g) chickpeas, drained
5 ml cumin seeds
15 ml curry powder
2 tomatoes, seeded and cubed
large bunch of coriander leaves, finely chopped
30 ml mayonnaise
30 ml lemon juice
30 ml melted butter
360 g cake wheat flour
3 eggs, beaten
180 g breadcrumbs
150 g sesame seeds
2 ½ cooking oil for deep-frying
limes, halved, to serve

TUNA TARTARE SUMMER ROLLS

Slice the tuna into 5mm-thick strips. Place the strips in a bowl. Mix soya sauce, wasabi and honey, pour it over the tuna strips and place in the fridge to marinate for at least 1 hour. Peel the vegetables, remove any seeds and julienne the cucumber, carrots, sweet peppers and onion. Chill separately in the fridge. When the tuna has marinated for 1 hour, peel and cut the avocado into strips and coat it with lemon juice to prevent browning. Mix all the vegetables together. On your work surface, set out a cutting board, a large bowl of water to hydrate the rice paper, and all the ingredients. Carefully immerse each rice-paper sheet in water for 4 seconds, then lay it down flat on the cutting board. Spoon a small amount of tuna and vegetables - a 50/50 ratio - onto the bottom centre of the sheet. Top with coriander, sesame seeds and a dollop of sweet chilli sauce. Lift the edge of the sheet nearest you over the filling and, holding the filling in position with your fingers, start rolling it up tightly. When you're about halfway, fold the ends of the rice paper in and over the filling so it is enclosed. Continue to roll so it forms a neat cylindrical shape. Serve with sweet chilli sauce.

Serves 8-10

750 g tuna fillet
250 ml light soya sauce
15 ml wasabi paste
30 ml honey
1 medium cucumber
2 medium carrots
2 small red sweet peppers
1 large red onion
2 small avocados
juice of 1 large lemon
15 rice-paper sheets (22 cm)
2 bunches of fresh coriander leaves
20 g black sesame seeds, dry-toasted
20 g white sesame seeds, dry-toasted
75 ml sweet chilli sauce