

Thai Fish Cakes

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 24 cakes

1 pound firm white fish fillets
4 kaffir lime leaves, finely shredded
1 tablespoon fresh Asian basil, chopped
2 tablespoons red curry paste
3 1/2 ounces green beans, very finely sliced
2 spring onions, finely chopped
oil (for shallow frying)
CUCUMBER DIPPING SAUCE
1 Lebanese cucumber, finely chopped
3 tablespoons sweet chili sauce
2 tablespoons rice vinegar
1 tablespoon unsalted roasted peanuts, chopped
1 tablespoon fresh coriander, chopped

Preparation Time: 25 minutes

Cook Time: 10 minutes

Briefly chop the fish in a food processor until smooth. Add the lime leaves, basil and curry paste. Process for 10 seconds. Transfer to a large bowl.

Add the beans and spring onion. Mix well. Wet your hands and form level teaspoons of the mixture into small, flattish patties.

For the cucumber sauce: In a bowl, combine the cucumber, chili sauce, vinegar, peanuts and coriander. Mix well.

Heat the oil in a heavy frying pan over medium heat. Cook the fish cakes, in batches, until golden brown on both sides. drain on paper towels.

Serve with the dipping sauce.

Per Serving (excluding unknown items): 41 Calories; trace Fat (2.5% calories from fat); 2g Protein; 10g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	41	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	80.6%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	17.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	10g
Dietary Fiber (g):	4g
Protein (g):	2g
Sodium (mg):	11mg
Potassium (mg):	301mg
Calcium (mg):	57mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	20mg
Vitamin A (i.u.):	726IU
Vitamin A (r.e.):	73RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	51mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 41	Calories from Fat: 1
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% Daily Values*

Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrates 10g	3%
Dietary Fiber 4g	15%
Protein 2g	
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Vitamin A	15%
Vitamin C	33%
Calcium	6%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.