

Cod & potato croquettes with tomato sauce

Total time **40 mins** 30 mins preparation time 10 mins cooking time

INGREDIENTS

10 portion(s)

For the croquettes:

- 1 kg** cod fillet, finely chopped or minced
- 1.5 kg** floury potatoes, peeled and cooked
- 250 g** whole egg
- 30 g** chopped parsley
- 2 g** grated nutmeg
- 20 g** lemon zest
- 80 ml** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
- 500 g** gluten-free bread crumbs (e.g., made from corn)
- Oil for frying

For the sauce:

- 5 g** aniseed
- 100 g** butter
- 50 g** honey
- 50 ml** rice vinegar
- 50 ml** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
- 300 g** strained tomatoes
- 30 g** tamarind paste

For the garnish:

- 1** lemon wedges

PREPARATION

Step 1

Place the cod in a bowl. Mash the potatoes with a potato ricer and mix with the egg, parsley, nutmeg, lemon zest and Kikkoman gluten free Soy Sauce.

Step 2

Shape small croquettes from the mixture, roll in the bread crumbs and then fry in oil at approx. 175 °C for approx. 3 minutes until golden brown.

Step 3

Roast the aniseed in a dry frying pan. Add the butter and let it brown. Once browned, add the honey, rice vinegar, Kikkoman Gluten free Soy Sauce, strained tomatoes and tamarind paste. Simmer everything for about 5 minutes over a low heat.

Step 4

Spoon the sauce onto plates, arrange the croquettes on top and serve garnished with the lemon wedges.