

# The Kitchen Bench

**Friday 10<sup>th</sup> December**

*“A Fishy Affair”*

*Our oceans are in crisis. Collectively, humans have managed to remove 90% of predatory fish from the oceans.*

*Local Fisherwoman and author Sarah Drummond talks to us about sustainable fishing and how consumers can make a better informed decision next time we are at the fish markets.*



## **Albany Salmon Fish Cakes**

Recipe provided by Sarah Drummond. Sarah uses this recipe not only when the Albany Salmon are running, but when there is a surplus of herring, mullet or just about anything and it is freezable.

- 1kg Fresh Albany Salmon flesh
- 1Tb Thai Green Curry Paste
- 1 Lime
- ½ bunch coriander, roughly chopped including roots
- 2 Eggs
- Coconut milk

- Fillet, skin and cut up salmon into small cubes.
- Blend salmon, curry paste, lime juice, coriander and eggs in blender.
- Add enough coconut milk to make a nice smooth consistency.
- Form into palm sized cakes. Great fried on the BBQ!

## **Next week on The Bench**

*Friday 17<sup>th</sup> December, “Lets Blow Raspberries”*

Talking all things raspberry with special guest Phillip Marshall from Torbay Asparagus & Raspberry Farm. Also featuring an interview at the Albany Farmers Market with Chef and owner of Must Wine Bar and his new cookbook, “Must Eat”.