



Realistically this should be based on Oats but Sue can't eat them, so we modified the recipe to use Quinoa flakes. If you're good with Oats feel free to use them.

Ingredients:-

60g of Laverbread (½ a Tin in our case)

The Juice of ½ a Lemon

140g of Quinoa Flakes

Salt & Pepper to Season

About 120ml of Water

Oil to fry

Method:-

- (1) Mix all ingredients with just enough Water to make a lumpy paste.
- (2) Allow to stand for 10 minutes, stirring occasionally.
- (3) If the mixture is too dry to form into balls between spoons stir in a little more Water.
- (4) Heat Oil in a pan to a medium heat.
- (5) Form the Cakes into balls between two dessert spoons and drip into the Oil.
- (6) Flatten with a spatula into Cakes.
- (7) Turn over several times until the outside is slightly browned and crispy.

Laverbread has a very distinctive 'Sea' flavour and you really don't need a lot to make a huge impact. We drizzled a little Mushroom sauce over ours as we thought they might be dry. But actually although they are crispy on the outside they are tender inside and very tasty.