Broccoli Cheddar Potato Cakes

Eight broccoli potato cakes, two per light meal · Active 45 min · Total 1 hr 40 min

Skills: Draining cooked vegetables and shaping shallow potato cakes that turn without breaking

Ingredients

- 1 1/4 lb potatoes (550 g peeled weight), cut into chunks
- Water to cover potatoes
- 10 1/2 oz plain frozen broccoli (300 g)
- 3/4 cup grated cheddar (80 g)
- 1 large egg
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 1/3 cup all-purpose flour (40 g), divided: 20 g in mixture and 20 g for dusting
- 2 tablespoons neutral oil (30 ml), divided for two frying batches

Set out

Saucepan, strainer and potato masher, Microwave-safe bowl or second saucepan for broccoli, as package directs, Large mixing bowl, Large nonstick skillet and broad turner, Low oven and heatproof plate, Food thermometer

Allergens

milk, egg, wheat. Check labels and substitutions.

Ingredient labels

Cheddar supplies milk, egg binds the cakes and flour supplies wheat. Check actual frozen-vegetable and cheese labels.

Make it

1. Cover potatoes with water, bring to a boil and simmer for 12–15 minutes until tender. Drain well, let steam escape off heat for 3 minutes and mash without milk. Spread in the bowl and cool for 10 minutes until warm rather than steaming.

2. Cook broccoli fully according to its package. Drain thoroughly, press excess water gently out in the strainer and chop finely. Fold into warm potato with cheddar, egg, salt, pepper and 20 g flour. Refrigerate mixture for 15 minutes.

3. Heat holding oven to 200°F/95°C. Divide mixture into eight equal portions and shape cakes about 4 inches/10 cm wide and no more than 5/8 inch/1.5 cm thick. Dust lightly with the remaining 20 g flour.

4. Heat half the oil in the skillet over medium heat. Fry four cakes for 4–5 minutes per side until golden and at least 160°F/71°C in the center. Hold on the oven plate while repeating with remaining oil and cakes. Serve two cakes per person.

A binder needs a dry start

Only 20 g flour goes inside the mixture. The other 20 g is a light outside dusting, not an instruction to add all 40 g to wet mash.

A useful detail

The 100-minute total includes drying and cooling potato, a 15-minute refrigerator rest and two frying batches. Broccoli cooks alongside potato if equipment permits.

Keep it well

Keep raw egg-bound mixture refrigerated and cook the same day. Refrigerate cooked cakes within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C throughout. Freeze promptly cooled cooked cakes for up to 1 month and thaw in the refrigerator.