

Spicy Sri Lankan Fish Cutlets – Comfort Food

It is a popular and a crowd-pleasing appetizer to serve at any type of party, gathering, and even to use as snacks to treat yourself. It is Spicy, Crunchy, and oh so delicious!

Prep Time 20 minutes **Cook Time** 10 minutes

Servings 20 -25 Cutlets



Ingredients

- 1/2 cup Red onions -80g thinly sliced.
- 2 -3 green chili chopped.
- 1 tbsp Curry leaves -2g thinly cut. (optional)
- 1 tsp Black pepper powder -3g
- 1/2 tsp Salt or as needed.
- 2 cans Chunk Light Tuna Fish -284g drained.
- 2 medium size Potatoes -450g boiled, peeled, and mashed into small pieces.
- pinch Chili powder and/or Chili flakes optional
- 1/2 Lime
- 1 Egg beaten.
- Breadcrumbs

Instructions

1. Use a deep mixing bowl to mix in the ingredients. Starting by adding the thinly sliced onions, chopped, or thinly sliced green chili, thinly cut curry leaves, black pepper powder, and salt. Mix them all well together.

2. Add in the drained tuna fish and the already boiled and peeled potatoes -cut into smaller cubes, or mashed into smaller pieces into the bowl with the rest of the ingredients. Add half the lime juice. If you prefer a little spice you may add a pinch of chili powder or some chili flakes for an extra heat.
3. Next, carefully combine everything together. Try not to mash the fish, It should be broken into pieces. The same goes for the potatoes too, it should be broken into small pieces. If a few get mashed in the process no worries. It will help to hold the ingredients together.
4. Once it is done mixing, taste test to see if you needed more salt or any spice. Add more black pepper powder if needed.

Shaping the Cutlets

5. Take a small portion of the mixture and shape it into a Timbit-size ball. You may also shape it into flat round like the crab cake.
6. Once you have all of them made into the desired shapes, prepare, and have the breadcrumbs in one bowl and the beaten egg in another.
7. Dip each cutlet into the egg first. Coat it well then dip the cutlet into the breadcrumbs. Make sure the crumbs cover the cutlets well all around. Repeat the steps to do the same with the rest of the cutlets and set aside.
8. Prepare the deep fryer. The cutlets can also be pan-fried too but I recommend deep-frying to gain an even tone on the outer layer.
9. Note – When frying, use few at a time. Don't crowd the fryer. If pan-frying, keep a close eye on the cutlets, they can easily be burnt.
10. Once each cutlet is fried into golden brown, place them in a paper towel covered plate so the oil can be soaked onto the paper. Serve while it's still hot.

FEW THINGS TO NOTE.

Fish – Canned sardines are ideal for cutlets, but you can use chunk or flaked light tuna. Canned salmon works fine too.

Onions – the pearl, red or the purple onions works best. If the onions seem strong you may also sauté the onions slightly for better taste and to avoid the raw onion flavor.

Eggs – If there are no eggs to coat, you may mix in ½ cup of all-purpose flour, a pinch of salt, and water to make a thick liquid consistency for an alternative. Also this way the cutlet will get a thicker crunchier outer layer.

Breadcrumbs – I used Italian style breadcrumbs on these pics but I prefer Panko breadcrumbs better. It gives a lovely golden colour and a great crunch when fried.

Oil – Always make sure the oil is well heated before starting to fry the cutlets in small batches or they will get soggy and break into pieces.

Breaking cutlets – If the cutlets are breaking when frying, STOP ... or you won't get to enjoy the rest as it will all just break and dissolve. Cover the rest of the uncooked cutlets with cling wrap or aluminum foil and freeze for an hour or more before frying again.

Storing – Once the cutlets are dipped into eggs and breadcrumbs, place them all lined in a freezer-safe container, plate, or a tray. Cover with cling wrap and freeze for as long as 3 days for later use.

If you wish, you can use nay minced meat(chicken or beef) instead of fish