



Codfish Cakes

Featured on November 18, 2017 for “Cod and New England Coastal Cuisine” demo with Ris Lacoste

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Makes 12 4oz cakes

Ingredients

1 pound whole potatoes for baking, skin on
1 pound fresh cod
1 teaspoon fresh picked thyme
1 tablespoon olive oil
2 ounces butter
1 medium leek (approx. 9 oz) finely diced, about 2 cups
1 medium bulb fennel (approx. 6 oz) finely diced, about 1 cup
3 stalks celery, (approx. 6 oz) finely diced, about 1 cup
1 cup crushed oyster crackers or saltines, (approx. 3 oz)
2 tablespoons mayonnaise
2 teaspoons Dijon mustard
2 large eggs
3 shots Tabasco, or to taste
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh tarragon
2 cloves garlic, minced
Zest and juice of one lemon
1 pound uncooked salted cod = 8 oz poached = 1 ½ cups flaked salt cod (rehydrate and poach according to Codfish recipe)
Salt and freshly ground black pepper, to taste
Cooking oil

Directions

Preheat the oven to 375 degrees. Scrub the potatoes and bake in the oven whole, skin on, for almost an hour, until fork tender. Remove from the oven and let sit until cool enough to handle. Scoop out the fluffy cooked potato. Discard the skin or fill it with your favorite potato skin filling and enjoy! One pound of raw potato should equal approximately 2 cups cooked potato.

Meanwhile, cut the fresh cod into large pieces and place in a baking dish. Season with salt, pepper, 1 teaspoon picked fresh thyme, 1 tablespoon olive oil and a pinch of lemon zest taken from your mise en place for the codfish cakes. Bake the cod in the oven with the potato for about 15 minutes, or until just cooked through. Remove from the oven and set aside to cool. Should yield about 2 cups cooked.

In a large, heavy based sauté pan over medium heat, melt the butter until bubbling. Add the leeks, fennel and celery and cook until vegetables are soft and clear but not browned, stirring occasionally, about 5 minutes. Set aside to cool. Should yield approximately 1 ½ cups cooked.

All ingredients must be cooled before making the cakes. Salt cod, potatoes, fresh cod and vegetables can all be cooked ahead of time and kept refrigerated until ready to use.

Mixing:

In a large mixing bowl, combine the saltines, mayonnaise, mustard, eggs, Tabasco, parsley, tarragon, garlic, lemon zest and juice. Stir with a spatula until just mixed. Add the cooked vegetables, salt cod, fresh cod and potatoes, and with your hands, gently mix together until all is combined. Season to taste with salt and freshly cracked black pepper. Cover and refrigerate mixture for at least an hour so that saltines will absorb the liquids and all ingredients will bind together. Use a 4-ounce ice cream scoop or ½ cup measuring cup to portion and form into cakes. Best to give them time covered in the refrigerator until ready to cook to let set.

Cooking:

Gently coat the cakes in a thin layer of finely ground seasoned bread crumbs if desired. Heat a heavy based sauté pan with 2 tablespoons cooking oil. Place some of the cakes in the hot oil, being careful not to overcrowd, and cook over medium-low heat until golden, about 3-5 minutes. Flip the cakes and cook the other side until golden. Place a skewer in the cakes to make sure they are warmed through. Alternately, if the oven is on, cook one side on top of the stove, flip the cakes and place the frying pan in the oven to cook through, about 5 minutes.

To serve: any number of ways – with Boston baked beans, coleslaw, tartar sauce and lemon; as a sandwich, as croquettes, as an hors d'oeuvre.



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