



BERMUDA CODFISH CAKES Yields 10 fish cakes or 2 dozen cocktail size

Ingredients

1 pound package of salted codfish (Sold as Pollock or Bacalao at Walmart, Hispanic or West Indian Food Markets)

10 medium potatoes

1 medium chopped onion

1 green pepper chopped *optional

¼ c cooking oil

3 t fresh thyme leaves

1 T Indian Madras Curry Powder sold at East and West Indian Markets

CAUTION: Always prepare with HOT potatoes. As they cool they become a gluey mess.

SHORTCUT METHOD: Rinse fish thoroughly and boil for 25 minutes. Begin again with fresh water and add fish and potatoes and cook until potatoes are tender when pierced with a fork.

½ c flour (seasoned with 1 t Lawry's Season Salt)

Method

1. If soaking fish overnight: Pour off water the next day, rinse the fish and place in a fresh pot of water and boil fish with the potatoes until potatoes can be pierced with a fork. (Don't allow the smell of the codfish when it's boiling to deter you. The result is absolutely smashing.)

2. Using a stand mixer or hand mixer and a deep bowl, place the potatoes. Peeling is optional.

3. Mix potatoes on low speed but do NOT overmix. Potatoes should remain lumpy

CAUTION: Always mix potatoes when they are hot. As they cool they become a gluey mess.

SHORTCUT METHOD: Rinse fish thoroughly and boil for 25 minutes. Pour off water and begin again with fresh water and add the fish and potatoes. Cook until potatoes are tender when pierced with a fork.

4. Chop onions and optional green pepper and sauté till onions are translucent

5. Drain codfish and add to the mixing bowl. Add sautéed onion mixture, thyme, parsley and curry powder. Mix lightly on low speed allowing lumps to remain

6. Form either bun or cocktail size (round) fishcakes and place on a tray lined with parchment or wax paper

7. Place in refrigerator 30 minutes to firm up

8. Coat fishcakes with seasoned flour mixture and set aside. Heat oil in a large skillet on medium to high but not smoking

9. Place fishcakes in hot skillet. Add around the perimeter. Do not crowd

10. Flip to the other side as they brown. When golden on both sides, place on absorbent paper and keep warm.

SECRET TIP: Cocktail size fishcakes can be made with instant potatoes. Follow package directions and make the mixture stiff enough so that when the sautéed herbs are added it will yield a firm texture that's not mushy. Larger size cakes demand real potatoes.

Serve with Gombey Sauce*

***GOMBEY SAUCE**

½ c apricot preserves

1T Dijon mustard

1 T white vinegar

Place all ingredients in microwavable dish. Stir thoroughly and heat only until it begins to bubble. Serve warm with codfish balls. They'll scream for more!

