

SALT COD FISH CAKES

Serves Four

A variation of this recipe was handed down to me from Andy's beloved mother Beryl. The family's roots are in Guyana so salt cod was used a lot in her cooking. You can find salt cod in most large supermarkets. Serve with Creamy Dill Mayo Sauce (pg. 161), spiced up with a touch of West Indian Pepper Sauce or Tabasco.

1 lb	boned salt cod fish – I use Appleton brand
2 cups	yukon gold potatoes, cooked & mashed
¼ cup	green onions, minced fine
1 tsp	garlic powder
½ tsp	onion powder
2 tbsp	all-purpose flour
1	egg, whisked
½ cup or so	panko bread crumbs
¼ cup	vegetable oil

See Basic Preparation of Salt Cod, previous page.

Drain cod in a colander, remove garlic and let fish cool completely. Place in a bowl and finely flake with a fork. Add remaining ingredients except egg and bread crumbs. Shape into 2 inch oval patties. Dip each cake in the egg and then in the bread crumbs.

In a large frying pan over medium heat add the vegetable oil. When the oil looks like it is rippling in the pan add the cakes and cook turning until all sides are golden, about 6 minutes.