



## Cod Cakes

**Servings: 4**

Preparation Time: 20 minutes

*Start to Finish Time: 1 hour 35 minutes*

*These are meaty and filling even though there are very few distinctive ingredients. The cakes hold together nicely and have the most glorious crust.*

### FOR THE FISH:

- 4 each peppercorns
- 1 each bay leaf
- 1 each lemon, cut into eighths
- 1 pound cod fillets, or other white flaky fish

### FOR THE FILLING:

- 2 tablespoons unsalted butter
- 2 ribs celery, trimmed, peeled and diced
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tablespoons mayonnaise (and a bit more for smearing before sauteing)
- 2 teaspoons Dijon mustard
- 2 large eggs
- 1 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons OLD BAY SEASONING (or to taste)
- 1 cup panko bread crumbs
- 1/2 cup parsley, roughly chopped
- 1/4 cup canola oil

Cod cakes are a delightful and satisfying dish that is perfect for a hearty meal. Despite their simplicity in terms of ingredients, these cakes are remarkably meaty and filling. What makes them truly special is their ability to hold together beautifully while developing a glorious, crispy crust that adds a delightful texture to each bite. Whether you're a seafood lover or just looking for a tasty and unique recipe to try, these cod cakes will not disappoint.

NOTE: Cod cakes are terrific with cod, but can be made with any white-fleshed fish.

### COOK FISH (15 minutes):

Fill a shallow, wide pan with high sides with about an inch of water, and set it over high heat. Add the peppercorns, bay leaf and 1 section of the lemon to the water, and allow it to come to a bare simmer.

Place the fish into this poaching liquid, and cook, barely simmering, until the flesh has just begun to whiten all the way through, approximately 6 to 8 minutes.

Using a wide spatula, carefully remove the fish from the water, and set aside to cool.

### MAKE THE FILLING (20 minutes +30 minutes to refrigerate):

Empty the pan, and return it to the stove, over medium-high heat. Add the butter, and allow it to melt, swirling it around the pan.

When the butter foams, add the celery, onions and garlic, and sauté, stirring often, until the vegetables soften and the onions turn translucent, then transfer them to a large bowl.

In a small bowl, mix together the mayonnaise, mustard, eggs, salt, pepper and Old Bay (substitute Old Bay with paprika and hot-pepper flakes), then add this mixture to the bowl with the sautéed vegetables, pour the bread crumbs over them and stir to combine.

Add the parsley, and stir again.

Flake the cooked fish into the binding sauce carefully, keeping the flakes as whole as you can manage, then gather them into small balls, and form them into 4-6 patties.

Place them on a sheet pan or platter, cover loosely with plastic wrap and transfer them to the refrigerator for at least 30 minutes to set.

**COOK THE CAKES (10 minutes):**

Remove the fish cakes from the refrigerator. Spread a small smear of mayonnaise on the exterior of each patty that will give them a crisp crust when sautéed. Work in batches if necessary.

Set a large sauté pan over high heat, and add to it the canola oil. When the oil is shimmering, carefully sauté the patties until they are golden brown, approximately 4 to 5 minutes a side.

Serve the patties with the remaining wedges of lemon.

*Serving Ideas: Serve them alone, or with greens dressed in a lemony vinaigrette, a bowl of chowder or a neat pile of slaw.*

*Per Serving (excluding unknown items): 451 Calories; 25g Fat (49.5% calories from fat); 29g Protein; 29g Carbohydrate; 4g Dietary Fiber; 158mg Cholesterol; 1547mg Sodium; 4g Total Sugars; 2mcg Vitamin D; 143mg Calcium; 3mg Iron; 845mg Potassium; 364mg Phosphorus. Exchanges: .*

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