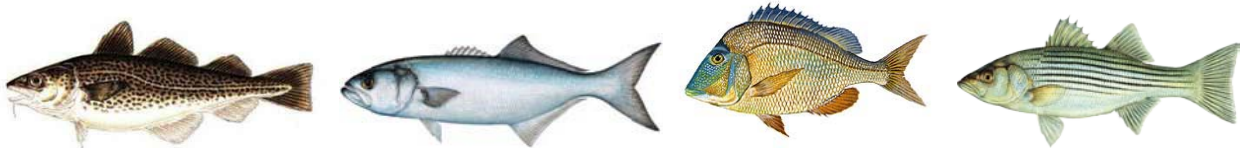


## Sundowner Fish Recipes



### Fish Cakes 1

Serves up to 6

#### TYPES of FISH:

**Codfish**

**Striped Bass**

**Porgy**

**Bluefish (Bled, Skinned and Dark Red Meat Removed)**

#### Ingredients

3 lb. Fish fillets, cooked (steamed)

3 lb. potatoes, boiled and mashed

1 medium onion, minced

1 large shallot, minced

2 cloves garlic, boiled, peeled and minced

½ cup minced parsley

2 eggs

1 lb. scallops, cubed

Salt and Pepper

Breadcrumbs (for thickening and coating)

Peanut oil

#### Method

Boil unpeeled garlic cloves for 45 seconds before peeling and chopping. Mix everything but the scallops together, including the liquid from the cooked fish. Mix with your hands, breaking up the fish until you have a fairly uniform paste. Add the breadcrumbs until you have a workable mix to form into patties. Before making the patties, mix in the cubed scallops. Form cakes and press both sides of the cake into breadcrumbs. Sauté over medium heat until nicely browned on both sides. Keep warm in 175° oven until ready to serve. Keep warming cakes in single layer to prevent them from getting soggy.

\*Try this recipe with bluefish that have been bled and had the red meat removed from the fillet.