

Cod Cakes & Roasted Potatoes

with Coleslaw & Dijonnaise

Fish cakes are a staple of New England cooking, renowned for its varied, delicious uses of local seafood. Traditionally, minced cod and mashed potatoes are shaped into cakes, then fried to golden-brown perfection. Our cakes (which we're lightly pan-frying) are packed with cod, classic spices and dijonnaise—a zesty, creamy hybrid of Dijon mustard and mayonnaise. And instead of including them in the filling, we're serving our colorful potatoes on the side, seasoned and roasted. For plenty of refreshing crunch, we're completing the dish with a classic coleslaw.



Ingredients

- 4 Cod Fillets
- 1 Farm Egg
- $\frac{3}{4}$ Cup Panko Breadcrumbs
- $\frac{1}{2}$ Cup Whole Grain Dijon Mustard
- 3 Cloves Garlic
- $1\frac{1}{2}$ Pounds Green Cabbage
- 1 Pound Multicolored Potatoes
- 1 Bunch Parsley

Knick Knacks

- 2 Tablespoons White Wine Vinegar
- 1 Tablespoon Sugar
- $\frac{1}{2}$ Cup Mayonnaise
- 1 Tablespoon Chesapeake Spice Blend
(Bay Leaves, Celery Salt, Sweet Paprika, Celery Seeds, Mustard Powder, Black Pepper, Nutmeg, Cayenne Pepper & Cinnamon)

Makes 4 Servings

About 690 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut the potatoes into bite-sized pieces. Peel and mince the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Cut out and discard the cabbage core; thinly slice the leaves. Finely chop the parsley leaves and stems. Finely chop the cod and place in a large bowl. Thoroughly wash your hands, knife and cutting board after handling the cod.

2



Roast the potatoes:

Place the **potatoes** on a sheet pan. Drizzle with olive oil; season with salt, pepper and **half the spice blend**. Toss to thoroughly coat and arrange in a single, even layer. Roast 20 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3



Make the dijonaise & coleslaw:

While the potatoes roast, in a medium bowl, combine the **mustard** and **mayonnaise**; season with salt and pepper to taste. In a large bowl, combine the **cabbage**, **sugar**, **vinegar**, **half the parsley** and **¼ of the dijonaise**. Toss to combine; season with salt and pepper to taste. Set aside to marinate for at least 10 minutes.

4



Form the cod cakes:

While the coleslaw marinates, crack the **egg** into a small bowl and beat until smooth. To the bowl of **chopped cod**, add the **beaten egg**, **breadcrumbs**, **garlic paste**, **remaining parsley**, **remaining spice blend** and **¼ of the remaining dijonaise**; season with salt and pepper. Mix until thoroughly combined. Using your hands, form the mixture into 8 equal-sized balls (squeezing out and discarding the excess liquid). Flatten each ball into a ¾-inch-thick cake and place on a plate.

5



Cook the cod cakes:

While the potatoes continue to roast, in a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Working in batches if necessary, carefully add the **cod cakes**. Cook 4 to 6 minutes per side, or until browned, crispy and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper.

6



Serve your dish:

Transfer the **roasted potatoes**, **coleslaw** and **cooked cod cakes** to serving dishes. Transfer the **remaining dijonaise** to a serving dish and serve on the side. Enjoy!