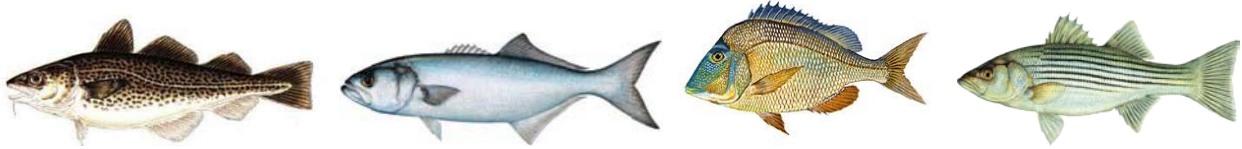


Sundowner Fish Recipes



Fish Cakes 2

Serves up to 8

TYPES of FISH:

Codfish

Striped Bass

Porgy

Bluefish (Bled, Skinned and Dark Red Meat Removed)

Ingredients

2 pounds fresh fillet

2 heaping table spoons of mayonnaise

1 heaping tablespoon dijon mustard

2 whole eggs (or equivalent egg beaters)

2 cups Italian flavored bread crumbs

1 cup of chopped onions

1 cup of chopped green peppers

2 tablespoons of virgin olive oil (optional)

1 cup chopped celery

1 teaspoon Old bay seasoning

Vegetable Oil, Peanut Oil or Butter (for frying)

add hot red pepper flakes to taste

Method

Clean fillets, remove all red or dark meat from fillets. Cut the bass into four-inch cubes. Poach until cubes of fish are white and flakey . Approximate cooking time is usually about 10 minutes however it may vary from stove to stove. When the fish is done place into a colander and press out as much water as possible.

While the bass is cooking, saute in the olive oil your onions, green peppers and celery until they are tender. Once done, set aside in a mixing bowl, combine the mayo, mustard, eggs and sauteed vegetables. Mix in the Old bay seasoning and hot pepper flakes.

When the fish is done cooking and drained of excess water, mix into the combined ingredients within the mixing bowl. Mix until you have the consistency of crab meat. Then mix in the Italian bread crumbs, not all at once but little by little until the mixture holds its shape for cooking patties. Be careful not to dump too much into fish mixture because it may become too hard.

With the "crab" fish patties, you can either fry them in Vegetable Oil, Peanut Oil or Butter until golden brown, or for the more healthy choice you can bake them. Baking time will vary by oven, the fish is already cooked but the eggs aren't. Bake for about 30 to 45 minutes at 350 degrees.