

Nova Scotia Fish Cakes

Recipe from Judith Sanders

Adapted by Joan Nathan

Total Time 1 hour, plus soaking and chilling time

Rating ★★★★★ (532)



Eva Baughman for The New York Times

Flaky white fish and potatoes come together with a crisp bread-crumbs coating in this recipe, adapted from Judith Sanders and brought to The Times by Joan Nathan after a 2012 trip to Nova Scotia. You'll want to serve these warm, with tartar sauce, chutney, chowchow — or a tart splash of lemon. —**Joan Nathan**

INGREDIENTS

Yield: 6 to 8 main-course servings
(about 30 patties)

- 1 pound haddock, cod, halibut or any other flaky white fish
- 1 cup milk
- 1 pound (about 2 medium) russet potatoes, peeled
- Salt and pepper to taste
- 2 tablespoons butter
- 4 scallions, thinly sliced
- 3 large eggs
- 1 teaspoon Worcestershire sauce
- 2 tablespoons chopped parsley
- 2 cups bread crumbs for dredging
- Corn oil, for frying
- Tartar sauce, chutney or chowchow, for serving
- Juice of 1 lemon, as needed, optional

PREPARATION

Step 1

Put the fish and milk in a medium saucepan. Refrigerate at least an hour.

Step 2

Peel the potatoes and put in a saucepan with water to cover. Bring to a boil, then simmer for 20 to 30 minutes, until the potatoes are soft. Drain thoroughly, mash and season well with salt and pepper.

Step 3

In a small skillet, melt butter, add scallions and cook until soft, 1 to 2 minutes.

Step 4

Remove the fish from the refrigerator and place over medium-low heat. Bring the milk to a simmer and cook the fish until flaky, 5 to 7 minutes; do not overcook. Remove from heat, drain off the milk and allow to cool. Using a fork, break the fish into large flakes.

Step 5

Lightly beat one of the eggs and stir into the cooled potato mixture with the scallions and Worcestershire sauce. Add the flaked fish and 1 tablespoon of the parsley and gently fold into the mixture. Refrigerate for about 30 minutes.

Step 6

Taste for seasoning and adjust if needed. Form patties about 3½ inches in diameter and 1 inch thick for entree portions, or 2 inches in diameter for appetizer portions.

Step 7

Beat the remaining 2 eggs in a small bowl and put the bread crumbs in another. Dip the patties first in the beaten egg and then the bread crumbs. Heat about ¼ of an inch of oil in a frying pan,

adding more as needed. Fry the patties for just a few minutes on each side until golden. Drain on paper towels and sprinkle with the remaining parsley. Serve warm with lemon, tartar sauce, chutney or chowchow.

Private Notes

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