



Inspired by Scandinavia

SALT COD CROQUETTES

EQUIPMENT

SMALL SAUCEPAN, CHEFS KNIFE, POTATO MASHER OR RICER, VEGETABLE PEELER,
MIXING BOWLS, WHISK, BAKING PAPER

INGREDIENTS

200-250GM SALT COD (BACCALA) SOAKED OVERNIGHT IN WATER, 500-600GM MILK,
3 CLOVES PEELED GARLIC, 2 LARGE DESIREE POTATOES, 100GM PLAIN FLOUR, 100GM PANKO BREAD CRUMBS,
1 WHOLE EGG, 60GM KEWPIE MAYONNAISE, 4 ANCHOVY FILLETS, 5 CHIVES,
FLAKE SALT, GROUND WHITE PEPPER

METHOD

PLACE THE COD FILETS INTO A SAUCEPAN AND ADD CRUSHED GARLIC CLOVES, POUR OVER ENOUGH MILK TO COVER THE FISH AND PLACE ON THE STOVETOP OVER MEDIUM HEAT AND SIMMER FOR 10 MINUTES UNTIL THE FISH IS TENDER AND FALLING APART.

PEEL THE POTATOES AND CUT THEM INTO CHUNKS. PLACE THE POTATO PIECES ON TO A PERFORATED TRAY AND INTO THE OVEN STEAM SETTING 100°C FOR 35 MINUTES UNTIL TENDER.

MAKE AN EGG WASH BY WHISKING TOGETHER 1 EGG WITH APPROX 100GM OF MILK AND SET ASIDE.

PLACE THE MAYONNAISE INTO A SMALL MIXING BOWL AND SET ASIDE, CRUSH THE ANCHOVY FILETS WITH THE BLADE OF A KNIFE AND ADD TO THE MAYONNAISE WITH CRACKED PEPPER, STIR WELL AND SET ASIDE.

ONCE THE POTATOES ARE COOKED REMOVE THEM FROM THE OVEN AND MASH THEM INTO A LARGE MIXING BOWL, DRAIN THE MILK FROM THE COD AND ADD FLAKES OF COD TO THE POTATO MIX ALONG WITH THE GARLIC CLOVES.

FOLD THE COD THROUGH THE POTATO AND ADD CRACKED PEPPER AND SALT IF REQUIRED, ONCE EVENLY MIXED PLACE THE POTATO MIX IN THE FRIDGE TO COOL FOR 20-30 MINUTES.

ONCE THE POTATO MIX IS COOL ENOUGH TO HANDLE ROLL THE MIXTURE INTO WALNUT SIZE BALLS.

CRUMB EACH BALL BY FIRST DUSTING THEM WITH FLOUR THEN DIPPING THEM IN THE EGG WASH AND FINALLY INTO THE BREADCRUMBS.

PLACE THE CRUMBED BALLS ONTO A LARGE BAKING TRAY LINED WITH BAKING PAPER AND PLACE INTO A PRE-HEATED OVEN COMBI SETTING 200°C FOR 12-15 MINUTES UNTIL GOLDEN AND CRISP.

PLACE THE MAYONNAISE INTO A RAMEKIN AND SPRINKLE OVER SOME CHOPPED CHIVES, ONCE THE CROQUETTES ARE BAKED REMOVE FROM THE OVEN AND PLACE ON A LARGE PLATTER ALONGSIDE THE MAYONNAISE AND GARNISH WITH SOME CHIVE BATONS AND SERVE.

HINTS & TIPS

- SAT COD OR BACCALA CAN BE FOUND A GOOD DELI'S. REMEMBER TO SOAK IT OVERNIGHT IN WATER AND IF IT IS PARTICULARLY SALTY CHANGE THE WATER ONCE OR TWICE.
- THIS IS A GREAT OPTION FOR A COCKTAIL PARTY AND THE CROQUETTES CAN BE MADE IN ADVANCE AND FINISHED IN THE OVEN JUST PRIOR TO SERVING