



### Green for Go Local

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 Ingredients in **green** =  
 locally grown or produced



Green Tomato Chow



Potato



Turnip



Sweet Potato



Haddock

# Crispy Breaded Haddock with Home Fries

By Jenny & Rosie

Serves 4-6

## Ingredients

*For Tartar Sauce:*

½ Cup (125 mL)  
 ¼ Cup (60 mL)  
 ¼ Cup (60 mL)

Mayonnaise  
 Yellow mustard  
 Relish or **green tomato chow**

*For Home Fries:*

1 lb (454 g)  
 2 Tbsp (30 mL)  
 ½ tsp (3 mL)

**Potatoes**, washed and diced in ½ inch cubes (or a mix of cubed **potatoes**, **turnip** and **sweet potatoes**)  
 Oil  
 Salt or garlic salt

*For Haddock:*

2 Tbsp (30 mL)  
 1 Cup (250 mL)  
 1 ½ tsp (8 mL)  
 1 lb (454 g)  
 ½ tsp (3 mL)

Oil  
 Breadcrumbs  
 Salt  
**Haddock** fillets  
 Ground black pepper

## Directions

*Note:* Wash all produce well.

1. To make the tartar sauce, combine the mayonnaise, mustard and relish or chow. This can be done well ahead and stored, tightly covered, in the refrigerator.
2. To make the home fries, preheat the oven to 400°F (200°C). Toss the potatoes with oil and salt, and spread in a single layer on a baking sheet (or two if needed). Roast, stirring every 15 minutes, for 30-45 minutes until tender and browned. Hold warm until needed.
3. In a frying pan, heat oil over low heat. Add the breadcrumbs and 1 tsp (5 mL) salt and stir to combine. Cook, stirring occasionally until breadcrumbs are golden brown, 5 to 10 minutes.
4. Meanwhile, lightly oil a baking sheet. Lay the fish out in a single layer and season with ½ tsp (3 mL) each salt and pepper. Sprinkle with the crumbs and pat firmly to adhere. Just before serving, bake for 8-10 minutes.



## Create Your Plate!

### Veg It Up

Add diced turnip, sweet potatoes, or parsnips along with potatoes to the home fries for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ Sauces: Tartar sauce, green tomato chow, ketchup, vinegar, lemon
- ★ **Caesar salad**
- ★ **Garden salad: lettuce, spinach, tomatoes, cucumbers, grated carrots**
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Broccoli** - lightly cooked
- ★ **Carrots** - lightly cooked or raw
- ★ **Peas**
- ★ **Dulse**
- ★ **Green or yellow beans**
- ★ **Fiddleheads** - cooked
- ★ **Pea shoots** or other **microgreens**
- ★ **Brussels sprouts** - roasted or boiled
- ★ **Turnip** - roasted or mashed
- ★ **Fruit**

## Note from the Authors

"We find that offering this simple healthy take on the classic fish 'n' chips is a great way to get local fish on plates. It's a big hit!"

- Jenny & Rosie



Salad



Slaw



Broccoli



Carrots



Peas



Dulse



Beans



Fiddleheads



Pea Shoots



Brussels Sprouts



Turnip



Fruit