



Green for Go Local

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



Haddock



Cod



Potato



Onion



Summer Savoury



Breadcrumbs

Fish Cakes with Baked Beans

By Jenny & Rosie with Wendie Wilson

Yield: 50 Elementary School servings

Serving size: 1 × 3 oz (85 g) or 2 × 1 ½ oz (43 g) fishcakes, 1 oz (30 mL) beans

Ingredients

For Fish Cakes:

3 lb (1.36 kg)	Salt cod or other salted white fish , or 5 lb fresh or frozen (defrosted) haddock or cod
6 lb (2.72 kg)	Potatoes , peeled and chopped
2 large	Onions , minced
3 cups (750 mL)	Breadcrumbs
3	Eggs , beaten
1 Tbsp (15 mL)	Summer savoury or dried parsley (optional)
As needed	Oil, for cooking

For Quick Stovetop Baked Beans:

3 × (540 mL) cans	Navy beans
2 tsp (10 mL)	Mustard powder
⅓ cup (80 mL)	Brown sugar
¼ cup (60 mL)	Molasses
1 tsp (5 mL)	Salt
¼ tsp (1 mL)	Black pepper
1 medium	Onion , diced
4 strips	Bacon , chopped (optional)

Directions

Note: Wash all produce well. If using salt fish, it must be soaked overnight before using. If using dried beans, soak overnight (see Tips & Tricks on the next page). Begin baked beans before frying the formed fishcakes.

1. **If using salt fish**, soak overnight in plenty of cold water. Drain, then place in a pot, cover with cold water and bring to a boil. Remove from heat immediately and drain well. Let cool, then mince in batches in the food processor. **If using fresh fish**, season lightly with salt and bake at 350°F (175°C) until it flakes easily. Let cool, then break fish into small pieces.
2. In a large pot, cover the potatoes with cold water and bring to a boil. Reduce the heat to medium and boil until tender. Drain and mash well, then add the fish. Add the onion to the fish mixture, along with the breadcrumbs, eggs, and savoury or parsley. Combine everything together and mix well. Taste to make sure there is enough seasoning.
3. While the mixture is still warm, form into 3 oz (85 g) cakes using a #16 scoop or scale. You can also make 1 ½ oz (43 g) fishcakes with a #20 scoop and serve two. Shape each with your hands into a compact cake and refrigerate until close to serving time. To cook, heat the grill to 350°F (175°C) and fry in oil until browned on both sides, with an internal temp of 155°F (68°C). Place in a hotel pan and hold warm until needed at a minimum internal temp of 140°F (60°C), in an oven or steam table set to 170°F (75°C).
4. Meanwhile, empty beans into a saucepan with their liquid. Add 1 can of water, mustard powder, brown sugar, molasses, salt, pepper, onion and optional bacon. Bring to a boil, then reduce to a simmer and cook until sauce thickens, about 30 minutes.



Equipment

- Two 12-qt pots
- One 3-qt pot
- Two large baking sheets

Note from the Authors

"A tasty Maritime staple for centuries, fishcakes hold a special place at the African Nova Scotian table. Made with fresh, salted, or even canned fish, there are variations in every region of the province. We adapted this recipe for big-batch service with Wendie Wilson, an African Nova Scotian cook, artist and educator who teaches and celebrates the African Nova Scotian repertoire of culinary traditions."

- Jenny & Rosie

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ Sauces: **Green tomato chow**, ketchup, tartar sauce, curry mayo, **rhubarb relish**
- ★ Boiled **eggs**
- ★ **Coleslaw**
- ★ **Kale** - steamed or chips
- ★ **Dulse**
- ★ **Squash**
- ★ **Lettuce**
- ★ **Tomatoes**
- ★ **Cucumbers**
- ★ **Carrots**
- ★ **Corn** (cob or kernel)
- ★ **Peas**
- ★ **Pea shoots** or other **microgreens**
- ★ **Fruit**

Tips & Tricks

Food Safety Guidelines

If storing the mixture before forming cakes, divide between buckets, pushing a hole down the centre of each so it cools quickly. Cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Waste Control

Save and freeze bread ends and buns, and even English muffins and bagels, to use for breadcrumbs.

Veg It Up!

Substitute sweet potatoes for some of the potatoes or add diced celery, peas, spinach or corn to the fishcake mixture for extra colour, fibre and flavour.

Swap In

Swap in 1 lb (454 g) dried beans, such as **soldier** or **yellow-eyed beans**, for the canned beans in the Baked Bean recipe. Soak and cook according to package directions. Add water as necessary to prevent sticking.

Leftovers

Leftover fish cakes may be frozen before or after cooking.

Change It Up!

- If you don't have a grill, bake the fishcakes on a well-oiled baking sheet in a 400°F (200°C) oven for 45 minutes, flipping halfway into the baking time. Baked fishcakes are quite fragile, so it's best to hold them on the baking sheet in a 170°F (75°C) oven.
- Fishcakes can be breaded before frying with breadcrumbs, panko, or flour.
- The beans would also be excellent served alongside sliced cold ham, cornbread, and mashed sweet potatoes.