Maine Fishermen’s Forum 2014
“Back to the Basics…”
Maine Coast Comfort Foods

Basic Fish Chowder

Serves: 3

1 lb. fresh Haddock fillet 1 medium onion chopped into bite sized pieces
1-2” square of salt pork, finely chopped Salt and black pepper to taste
14oz can of evaporated milk, 2-3 medium Maine Russet potatoes cut into
(or up to 2 cups of half and half or whole milk) ½” – ¾” cubes

Fry out the salt pork until you have nice, crispy bits. If you end up with a lot of drippings,
remove all but a couple of tablespoons of it. This will help flavor the chowder.

When pork is done, you may remove them and add later as a topping, or just leave them in.

On top of the salt pork, add the chopped onion, uncooked, diced potatoes and fish in layers.

Add water or stock until you can barely see the liquid through the ingredients.

Cook on medium heat until the potatoes are fork tender then add milk or half and half.

Heat until the milk is hot through, but do not allow it to boil.

Taste and adjust seasonings with salt and pepper.
Finnan Haddie

Serves: 3

1 lb. smoked Haddock

3 cups fat free half and half

Salt and Pepper

2-4 Tbl salted Butter

Nutmeg

1. Put fish in a pan or bowl with boiling water, and let it sit for five minutes.

2. Remove from water, and gently flake or cut apart into large bite-sized pieces.

3. Put fish and milk, cream, or half-and-half into a heavy-bottomed pan, and warm over moderate heat 20 minutes or more, until fish flakes apart easily.

4. Take off the heat, season to taste with salt and pepper, and a few pats of butter and a grating or two of nutmeg.

5. Serve on potatoes, toast, crackers or with crackers or bread on the side. Makes a great breakfast or lunch entrée as well as an excellent appetizer.
Cod Fish Cakes

Serves: 6

1 lb cod fish fillet
1 cup milk
¼ cup bottled clam juice
1 lb potatoes, peeled and cut into 2 in chunks
1 tbl butter
6 slices of bacon
1 onion, finely chopped
½ cup chopped flat leaf parsley
2 tbl fresh thyme
Salt and Pepper to taste
1 egg
¼ cup all purpose flour
2 tbl vegetable oil

\ In a saucepan, gently simmer the cod fillet in milk and clam juice over medium low heat, about 4 minutes, until the fish is opaque.

\ Using a slotted spoon, transfer the fish to a large mixing bowl; reserve poaching liquid.

\ Cook the potatoes in boiling salted water to cover until very tender, about 20 minutes; drain well and mash with butter and 2-4 tablespoons of poaching liquid to make stiff mashed potatoes.

\ Add potatoes to the bowl with the fish.

\ In a skillet, cook the bacon over medium heat 5-7 minutes or until crisp; drain bacon on paper towels, then crumble.

\ Pour off all but 1 tablespoon of bacon drippings, then cook onion in the drippings over medium heat, stirring until softened, about 5 minutes.

\ Add the bacon and onion to the cod mixture along with the chopped parsley, thyme, pepper, a bit of salt and the egg.
Using your hands, gently but thoroughly combine the ingredients.

Divide the mixture into 6 parts and form each into a patty between 3-4 inches in diameter.

Place the flour on a plate and dredge the patties to coat both sides.

Place the patties in a single layer on a baking sheet; refrigerate for at least 20-30 minutes or up to 4 hours.

In a large skillet, heat the oil and cook patties until the bottom is browned and crisp, about 5-7 minutes.

Use a spatula to carefully turn the patties and cook until the other side is browned and crisp. Remove and place on a paper towel to drain. Serve with lemon wedges and/or tarter sauce.

For questions, comments or more information about today’s session

Contact Chef Jim at jimleverso@gmail.com