



Maine Fishermen's Forum 2014
"Back to the Basics..."
Maine Coast Comfort Foods



BASIC FISH CHOWDER

Serves: 3

1 lb. fresh Haddock fillet

1-2" square of salt pork, finely chopped

*14oz can of evaporated milk,
(or up to 2 cups of half and half or whole milk)*

1 medium onion chopped into bite sized pieces

Salt and black pepper to taste

*2-3 medium Maine Russet potatoes cut into
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.



- } Chowder is usually better if it stands overnight in the fridge and is eaten the next day.



FINNAN HADDIE

Serves: 3

1 lb. smoked Haddock

3 cups fat free half and half

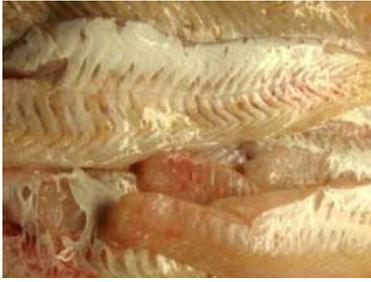
Salt and Pepper

2-4 Tbl salted Butter

Nutmeg

- } Put fish in a pan or bowl with boiling water, and let it sit for five minutes.
- } Remove from water, and gently flake or cut apart into large bite-sized pieces.
- } 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.
- } Take off the heat, season to taste with salt and pepper, and a few pats of butter and a grating or two of nutmeg.
- } 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*

