



### Green for Go Local

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 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

Serves 8-10

## Ingredients

For Fish Cakes:

1 lb (454 g)	<b>Salt cod</b> or other <b>salted white fish</b> , or 1 ½ lb fresh <b>haddock</b> or <b>cod</b>
2 lb (908 g)	<b>Potatoes</b> (about 2 large), peeled and diced
1 medium	<b>Onion</b> , minced
1 tsp (5 mL)	<b>Summer savoury</b> or 2 Tbsp (30 mL) chopped <b>parsley</b> (optional)
1 Cup (250 mL)	Fresh <b>breadcrumbs</b>
As needed	Oil, for cooking

For Quick Stovetop Baked Beans:

1 × (540 ml) can	Navy beans
½ Cup (125 mL)	Water
1 tsp (5 ml)	Mustard powder
2 Tbsp (30 ml)	Brown sugar
1 Tbsp (15 ml)	Molasses
½ tsp (2.5 ml)	Salt
Pinch	Black pepper
1 small	<b>Onion</b> , diced
2 strips	<b>Bacon</b> , chopped (optional)

## Directions

*Note:* Wash all produce well. You can substitute ½ lb (150 g) dried beans for the canned beans, such as **soldier beans** or **yellow-eyed beans**, soaked and cooked according to package directions. Add water if needed to prevent sticking.

1. **If using salt fish**, cover the fish with cold water and soak overnight in the refrigerator. The next day, drain the fish and place in a pot with enough fresh water to cover. Bring to a boil and immediately turn off the heat. Drain the fish well and let cool. **If using fresh fish**, season lightly with salt and bake at 350°F (175°C) until it flakes easily. Let cool, then use your hands or a food processor to break fish into small pieces.
2. In another pot, boil the potatoes until tender. Drain and mash. Place the cod in the food processor and pulse until finely chopped or flake the fish by hand. Add the fish to the pot with the potatoes, along with the onion, summer savoury or parsley, and breadcrumbs. Mix well with your hands to combine, then shape into 16 patties roughly 3 inches in diameter.
3. Before frying the fishcakes, start the baked beans. Empty the beans into a saucepan with their liquid. Add the water, mustard powder, brown sugar, molasses, salt, pepper, onion and optional ham or bacon. Bring to a boil, then reduce to a simmer and cook until the sauce has thickened, about 30 minutes.
4. Heat a heavy frying pan over medium heat and add enough oil to generously coat the bottom. Cook the fishcakes in batches, adding oil when necessary until they are browned and heated through (remove stray bits as they cook so they don't burn).



## Create Your Plate!

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

## 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."

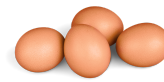
- Jenny & Rosie



Green Tomato Chow



Rhubarb Relish



Eggs



Baked Beans



Slaw



Kale



Dulse



Squash



Lettuce



Tomato



Cucumber



Carrot



Corn



Peas



Microgreens



Fruit