

# ISLAND GROWN

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## HARVEST <sup>OF</sup> THE MONTH

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- May, 2015 -

### FISH

#### CODFISH FRITTERS

**1 lb. Salted codfish, soaked in several changes of water for 36-48 hours, refrigerated**

**1 lb. Potatoes, peeled and chopped into 1/2 inch pieces**

**3 eggs**

**1/4 onion, chopped**

**1/4 c. Parsley, chopped**

**Oil for frying**

*Recipe by Robin Forte*

*Drain soaked codfish. Place fish in a 4qt. pot, cover with fresh water, bring to a boil. Reduce heat and simmer 15 minutes. Drain and cool fish.*

*In another pot cook cubed potatoes until tender, mash. Combine cooled fish, mashed potatoes, onions, parsley and eggs. Mixture should be fairly thick but not dry.*

*Heat oil in a large pot to hot but not smoking. Shape codfish mixture into egg shaped fritters. Fry fritters a few at a time until the outside is golden and the inside is hot. About 4 minutes*

*Serve hot.*



*For more information visit*

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