

Codfish Cakes

2 pounds cod fillets	1/3 cup mayonnaise
Olive oil	1 tablespoon Dijon mustard
2 minced shallots	1/8 teaspoon red pepper flakes
3/4 cup fresh breadcrumbs or panko	1/4 teaspoon Old Bay Seasoning
1 cup fine dry breadcrumbs	6 tablespoons butter
1 large egg	Sea salt
2 tablespoons minced parsley	

Preheat the oven to 350°. Lightly film a baking pan with olive oil. Place the fish fillets in the pan. Sprinkle with about 1 tablespoon of olive oil. Season the fillets with sea salt. Bake for 20 to 30 minutes until fish is cooked and can be easily flaked.

Remove the fish fillets from the pan and break into small pieces, checking for any bones or brown parts, which should be discarded. Place in a large mixing bowl.

Mince the shallots and gently cook them in 2 tablespoons of butter. When they have softened, add the fresh bread or panko crumbs, cooking and stirring for another minute or two until thoroughly moistened.

Beat the egg until frothy, and whisk in the mayonnaise, mustard, pepper flakes, and the Old Bay Seasoning.

Add the parsley and the egg mixture to the flaked fish. Use a fork to fold the mixture together. Do not overmix. If the mixture is too dry to hold its shape, add a little bit of heavy cream to moisten it.

Place the dry breadcrumbs onto a plate. Pat the fish into 3-inch cakes and coat each on both sides with the breadcrumbs. The cakes should be chilled for at least 2 hours or as long as overnight.

Melt the remaining 4 tablespoons of butter in a large sauté pan over medium heat. When the butter stops foaming, add the fish cakes, leaving them untouched for 3 minutes or until they are browned on the bottom. Turn and sauté for another 2 to 3 minutes. If the butter begins to burn, add a tablespoon or so of vegetable oil. If the fish cakes are not heated all the way, through place them in a 350° oven for about 4 minutes.

Serve with lemon wedges.