



Salt Cod Fritters with Garlic Aioli

PAPER FOOD SERVICE, INC.

Ingredients	Yield: 12 serving
--------------------	--------------------------

- 2 # Salt Cod
- 2 1/2 Potatoes
- 2 1/2 c. Milk, whole
- 8 Green onions, finely chopped
- 2 oz. Olive oil
- 4 Tlb. Fresh parsley, chopped
- 1 ea. Lemon, juiced
- 4 ea. Eggs, large, beaten
- As needed: Flour, all-purpose for dusting
- 7 oz. Breadcrumbs, plain
- As needed: Olive oil, for shallow frying
- 2 ea. Lemon wedges
- 4 ea. Garlic cloves, finely chopped
- 4 ea. Egg yolks
- 2 1/2 c. Olive oil
- 1 ea. Lemon, juiced, to taste

Preparation Instructions:

1. Soak the salt cod in cold water for at least 24 hours, changing the water two or three times. The cod should swell it rehydrates. Sample a tiny piece, it should not taste unpleasantly salty when fully rehydrated. Drain well and pat dry with kitchen paper.
2. Cook the potatoes, unpeeled in a pan of lightly salted boiling water for about 20 minutes, until tender. Drain and as soon as they are cool enough to handle, peel the potatoes, then mash.
3. Pour the milk into a pan, add half the green onions and bring to a simmer. Add the soaked cod and poach very gently for 10-15 minutes, or until it flakes easily. Remove the cod and flake it with a fork into a bowl, discarding bones and skin.
4. Add 4 oz. of mashed potato to the cod and beat them together with a wooden spoon. Work in the olive oil, then gradually add the remaining mashed potato. Beat in the remaining onions and the parsley.
5. Season with lemon juice and pepper to taste. Then add one egg to the mixture and beat it until thoroughly combined, then chill until firm.
6. Shape the fish mixture into 24-36 balls, then gently flatten into round cakes. Coat each one in flour, then dip in the remaining beaten egg and coat with dried breadcrumbs. Chill until ready to fry.
7. To make the aioli, place the garlic and a good pinch of salt in a mortar and pound to a paste with a pestle. Using a small whisk, gradually work in the egg yolks.
8. Beat in half the olive oil, a drop at a time. When the sauce is as thick as soft butter, beat in lemon juice. Continue adding oil until the aioli is very thick. Season to taste, adding more lemon juice if desired.
9. Heat about 3/4 inch of oil in a large heavy frying pan. Add the fritters and cook over medium-high heat for about 4 minutes. Turn them over and cook for additional 4 minutes, or until crisp and golden. Drain on kitchen paper, then serve with aioli and lemon wedges.

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Salt Cod	Commodity	095234	2 #	\$14.60
Potatoes	Fresh	097619	2 1/2 #	\$0.96
Milk, whole	Crowley	094200	2 1/2 c.	\$0.77
Green onions	Markon	097471	8 ea.	\$0.99
Olive oil	Trifoglio	370861	2 oz.	\$0.31
Fresh parsley	Fresh	097531	4 Tlb.	\$0.16
Lemon	Fresh	096185	1 ea.	\$0.29

Eggs, large	Maines	O92111	4 ea.	\$0.50
Flour, all-purpose	Gold Medal	381254	As needed	\$0.16
Breadcrumbs, plain	Chef's Fine	326345	7 oz.	\$0.51
Olive oil	Trifoglio	370861	As needed	\$3.50
Lemon wedges	Fresh	O96185	2 ea.	\$0.07
Garlic cloves	Markon	O97210	4 ea.	\$0.08
Eggs, large	Maines	O92111	4 ea.	\$0.50
Olive oil	Trifoglio	370861	2 1/2 c.	\$3.14
Lemon	Fresh	O96185	1 ea.	\$0.29

Recipe Cost	\$26.83
Portion Cost	\$2.24

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$5.95	\$2.24	\$3.71	37.65%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$6.95	\$2.24	\$4.71	32.23%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$7.95	\$2.24	\$5.71	28.18%