

SALT COD FRITTERS WITH CREAMY MUSTARD SAUCE, SPICY ORANGE CHILI SAUCE, PINEAPPLE CHUTNEY AND SHREDDED ZUCCHINI SALAD

EVERYDAY *Exotic*



INGREDIENTS

Salt Cod Fritters

vegetable oil for frying
1 lb salt cod, soaked in 1 gallon of water for 24 hours, changing water 2-3 times until cod no longer tastes of salt
3 cups flour
2 tsp baking powder
2 tsp baking soda
1 tsp salt
3 cups 2% milk
3 eggs
1 cup cilantro stems and leaves, finely chopped

Creamy Mustard Sauce

1 cup sour cream
2 tbsp yellow mustard
1 tbsp coriander seed, ground in mortar and pestle
1 tsp honey
4 sweet gherkins, minced
salt

Orange Chili Sauce

1 large orange, peeled and roughly chopped
¼ red onion, roughly chopped
1 red finger chili, roughly chopped
1 green finger chili, roughly chopped
½ tsp white wine vinegar
2 tsp sugar
2 tsp salt

Pineapple Chutney

1 tbsp vegetable oil
½ red onion, finely diced
1 pineapple, peeled and cut into a large dice
½ cup sugar
¼ cup white wine vinegar
1 tsp fennel seed
salt

Shredded Zucchini Salad

¼ red onion, julienned
juice of 2 limes
1 tsp salt
1 large zucchini, grated
1 cup cherry tomatoes, cut in ½
¼ cup cilantro, roughly chopped

DIRECTIONS

Salt Cod Fritters

1. Place oil in a pot 1/3 full, heat to 350 degrees and line a baking tray with paper towel.
2. Remove salt cod from water, pat dry and roughly chop.
3. Place salt cod in a food processor and pulse until shredded.
4. Remove salt cod, squeeze with hands to remove excess water and place in a bowl.
5. Place dry ingredients in a large bowl, mix.
6. In a separate bowl, whisk milk and eggs and add to bowl with dry ingredients.
7. Add salt cod and cilantro to mixture, fold to incorporate.
8. Spoon 1 tablespoon of salt cod batter into hot oil, fry until golden brown and Salt Cod Fritters are cooked, approximately 3 minutes, turning fritters over while cooking.
9. Remove Salt Cod Fritters from hot oil, place on lined baking tray and enjoy.

Creamy Mustard Sauce

1. Place all ingredients into a bowl, mix, cover and place in fridge until serving.
2. Enjoy with Salt Cod Fritters.

Spicy Orange Chili Sauce

1. Place all ingredients into a blender and puree until smooth.
2. Remove, spoon into a bowl and enjoy with Salt Cod Fritters.

Pineapple Chutney

1. Heat oil in a sauté pan over medium heat.
2. Add red onions, sauté until tender and translucent.
3. Add pineapple, sugar, vinegar and fennel seed, stir.
4. Once pineapple has softened slightly and juices have reduced, approximately 7-10 minutes, remove from heat.

Shredded Zucchini Salad

1. Place red onion, lime juice and salt in a bowl, stir and allow to sit for 5 minutes.
2. Add remaining ingredients to bowl, mix to incorporate and serve.