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BLUE CATFISH “CATTIES”

MAKES 20 TO 24 CATTIES

These are a take on the ubiquitous Baltimore “coddie.” We use house-made salt-catfish, and transform the tasty invasive species into a regional fish cake. My latest obsession is making “salt-cat”. I’ve always been a big fan of salt cod and love the classic dishes made from it, like bacalao and the famous Baltimore-style, Coddies. Salting cod was an old timey preservation technique that is still used to this day. It is a staple in Mediterranean cooking and found widely in recipes from New England. The salt cod is usually soaked overnight in water and then soaked a half a day longer, changing the soaking water often. The same is true of our salt-cat.

INGREDIENTS

1 pound dried salt-catfish (see note)
2 pounds white potatoes, peeled and cut into quarters
3 eggs, beaten
3 tbsp grain mustard
2 tbsp melted butter or olive oil
1 small onion, finely diced
4 tbsp minced chives
1/3 cup finely chopped parsley
2 tbsp chopped dill
Salt and freshly ground pepper to taste
Oil for frying
Saltine crackers, for serving
Yellow mustard of your choosing, for serving

DIRECTIONS

- 1** | Soak the salt-catfish in a bowl of cold water for 6 hours, changing the water approximately every 2 hours. When ready to prepare the recipe, place the salt-catfish in a pan and cover with water, bring to a boil, reduce the heat and simmer for 15 minutes. Drain and break up the fish into flakes with a fork. Cool.
- 2** | Cook the potatoes in lightly salted water until tender, drain and mash well. Let the potatoes cool.
- 3** | Heat the oil or butter in a pan and gently sauté the onion for 5 minutes, taking care not to brown. Place the catfish and potatoes into a bowl and mix together with the additional ingredients. Form the catties into small balls and flatten to about 1/2-inch thick. **(cont.)**



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BLUE CATFISH "CATTIES" (CONT.)

4 | Pour oil into a heavy skillet to a depth of about 1 ½-inches. Heat the oil and fry the catties a few at a time, until golden brown, about 3 minutes on each side. Remove with a slotted utensil to paper towels to drain. The catties can be served hot, warm, or at room temperature.

5 | Serve on crackers with mustard on the side.

Note: To make salt-catfish place a layer of kosher salt (about ½-inch deep) in the bottom of a large pyrex dish. Lay out a single layer of catfish and completely cover the catfish with kosher salt. Wrap the tray with plastic wrap and store in refrigerator for 48 hours. Remove fish from salt and rinse lightly with cold water. Dry the fillets very well. Refrigerate until ready to make the catties.



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CRAB IMPERIAL MARYLAND STYLE

SERVES 4

INGREDIENTS

- 4 tbs (1/2 stick) butter
- 2 tbspc diced green pepper
- 2 tbspc diced red bell pepper, or pimento
- 1/2 cup chopped mushrooms
- 3/4 cup mayonnaise
- 1 tbspc Dijon mustard
- 1 tbspc Worcestershire sauce
- 1/4 tsp Tabasco sauce
- 1 tsp capers, drained and chopped
- 1/2 tsp freshly ground black pepper
- 1 tsp Old Bay seasoning
- 1 pound jumbo or lump crab meat, picked over

Imperial topping:

- 1 egg, beaten
- 1/4 cup mayonnaise
- pinch of paprika
- 1 tbspc chopped parsley

DIRECTIONS

- 1 | Preheat the oven to 350 degrees.
- 2 | Melt the butter in a small skillet and sauté the bell peppers and mushrooms and set aside.
- 3 | Combine the mayonnaise, mustard, Worcestershire, Tabasco, capers, black pepper and Chesapeake seasoning in a small bowl and mix well. Add the sauteed peppers and mushrooms.
- 4 | Place the crab meat in a mixing bowl and pour the mixture over it. Toss gently. Spoon the mixture into 4 individual gratin dishes or well-cleaned crab shells. Bake for 20-25 minutes.
- 5 | Meanwhile, prepare the topping. Combine all ingredients and mix well.
- 6 | Remove the casseroles from the oven. preheat the broiler. Spoon the topping mixture evenly over each casserole. Place under the broiler for 1 - 2 minutes, until nicely browned. Serve immediately.



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SINGLE-FRIED OYSTERS

SERVES 4

“Single” refers to each oyster being fried individually, as opposed to a fritter, which contains several oysters in a batter.

INGREDIENTS

1 pint shucked oysters
1 cup fine yellow cornmeal
1 cup all-purpose flour
1 tbsp salt
1 tbsp Old Bay seasoning
1 tsp black pepper
Vegetable oil, for frying
Salt and freshly ground black pepper, to taste
Horseradish Sauce or Tartar Sauce, for dipping (recipe follows)

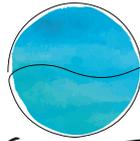
DIRECTIONS

- 1** | Drain the oysters, reserving the liquor, if desired (see Note). Combine the cornmeal and flour, salt, Old Bay, and pepper. Dust the oysters in the flour/cornmeal mixture, one at a time. Set aside the oysters for several minutes to dry.
- 2** | Pour oil into a frying pan to a depth of ½ inch. Heat the oil and saute the oysters for about 5 minutes, or until golden brown. Do not overcrowd the skillet. Add more oil as needed. Remove the oysters with a slotted utensil to paper towels and drain well. Season with salt and pepper.

Note: Oyster liquor may be added to dishes for heightened flavor.



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Our Common Table
NEW CHESAPEAKE
KITCHEN
with John Shields



HORSERADISH SAUCE

MAKES 1 $\frac{3}{4}$ CUPS

INGREDIENTS

1 cup sour cream
 $\frac{1}{2}$ cup ketchup
3 tbsp prepared
horseradish, drained
1 tbs chopped parsley
Freshly ground black pepper, taste
Cayenne, to taste

DIRECTIONS

- 1** | Combine all the ingredients in a small bowl and mix well. Cover and refrigerate for at least 1 hour before serving.

TARTAR SAUCE

MAKES 1 $\frac{1}{2}$ CUPS

INGREDIENTS

1 cup mayonnaise
 $\frac{1}{4}$ cup minced sweet pickles
1 tbsp sweet pickle juice
1 small shallot, minced
1 tbsp chopped chives
2 tbsp minced parsley
1 tbsp minced tarragon
1 tbsp drained capers, minced

DIRECTIONS

- 1** | Combine all the ingredients in a small bowl and mix well. Cover and refrigerate for at least 1 hour before serving.