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Our Common Table  
NEW CHESAPEAKE  
KITCHEN  
with John Shields



## **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 cattles into small balls and flatten to about 1/2-inch thick.  
**(cont.)**



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## BLUE CATFISH "CATTIES" (CONT.)

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- 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.