

## RECIPE #1

### **New England Style Scup Cakes with Meyer Lemon Aioli topped with Meyer Lemon & Shallot Relish served with a spring salad dressed with a Meyer Lemon Shallot Vinaigrette**

Serves: 4 Entree portions or 12 Appetizer Portions

<p><b><u>Fish Cake Recipe:</u></b></p> <p>1 medium yellow onion, roughly chopped 1 celery rib, roughly chopped 3 tablespoons unsalted butter 1 teaspoon kosher salt, plus more for sprinkling 1 pound boneless, skinless scup (cut into ¼-inch cubes) 1/3 cup heavy cream 1 teaspoon Dijon mustard 1/2 teaspoon freshly ground black pepper 1/4 cup finely chopped flat-leaf parsley leaves ¾ c - 1 c. Panko 1 Tbsp. Spice blend. 2 large eggs, well beaten</p>	<p><b><u>Spice Blend</u></b></p> <p>1 tsp ground cumin ½ tsp ground coriander 1 tsp paprika 1 tsp turmeric 1 tsp ground ginger 1 meyer lemon, zested (reserve juice for later) Stir all ingredients together and set aside.</p> <p><b><u>Breading Mixture</u></b></p> <p>¾ c. all- purpose flour 2 large eggs, well beaten 2 cups panko</p>
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#### **Directions for Fish Cakes**

In the bowl of a food processor, combine the onion and celery and pulse until finely chopped. In a medium frying pan over medium heat, melt the butter. Add the onions, celery and a pinch of salt and cook, stirring frequently, until softened but not browned, about 10 minutes. Transfer to a bowl and let cool completely.

Combine ½ cup of the diced fish, the cream, mustard, pepper, and 1 teaspoon of salt in the bowl of the food processor (no need to wash it first) and process into a smooth paste. Transfer to the bowl with the cooled vegetables and add the remaining diced fish, ¾ cup of panko, 1 Tbsp. spice blend, 2 eggs, and the parsley. Mix to combine. Add the remaining ¼ panko if the cake mixture seems too wet. You want it to hold its shape. Firmly form the mixture into 8 cakes, each about 1 inch thick and about 4 inches wide. Transfer to a plate or baking sheet and refrigerate for at least 30 minutes or up to 4 hours.

When you're ready to cook, heat the oven to 350°F.

In a shallow dish, pour the flour. In a second shallow dish, whisk the remaining 2 eggs. In a third shallow dish, pour the remaining 2 cups of panko. Coat each fish cake in flour, shaking off the excess, then dip in egg, letting the excess drip off. Dredge in panko, turning twice and patting to adhere. Set on a plate. In a large frying pan, heat ½-inch depth of oil over medium heat. When the oil is hot (a piece of panko should sizzle), add as many fish cakes as will comfortably fit in a single layer and fry, turning once, until golden brown on both sides 4-6 minutes total. With a spatula, transfer the cakes to a sheet pan and fry the remaining fish cakes, adding more oil to the pan as necessary. Once all fish cakes are browned, finish in the oven until fully cooked (165°F). Season with Kosher salt. Serve warm.

### **Meyer Lemon & Garlic Aioli**

- 1 cup mayonnaise
- 1 lemon juiced, about 2 tablespoons
- 1 teaspoon lemon zest
- 2 cloves garlic minced finely
- ½ tablespoon fresh parsley, chopped
- ½ teaspoon honey
- ⅛ teaspoon salt

Stir all of the ingredients together. Serve immediately or refrigerate until ready to serve.

### **Meyer Lemon & Shallot Relish**

- 3 ripe Meyer lemons, remove the core of the fruit by cutting off four “sides” to remove the seeds, squeeze juice from the seed area over shallots. cut remaining lemon into small bits (including the skin)
- 2 shallots, finely minced, soak in lemon and champagne vinegar for at least 15 min.
- ½ bunch flat leaf parsley, washed, dried and chopped finely.
- 1 medium clove garlic, mashed or grated or 1 tsp garlic paste.
- champagne vinegar (enough to cover the shallots)
- 1 T. olive oil
- 1 t. Kosher salt

Place garlic into a bowl with 1 tsp. of Kosher salt and oil. Mash against the side of the bowl to help crush the garlic further and infuse the oil. Then stir in shallots, meyer lemon bits and as much of the parsley as you desire. You want the lemon to stand out. Adjust salt if necessary.

### **Spring Salad**

- 1 5 oz. container (Your choice) of mixed spring greens, arugula, watercress or mesclun mix.
  - 1 medium carrot, peeled and peeled into long strips with peeler
  - 4 large radishes ( if you get with the tops on, wash and add some of the tops to the salad greens), sliced very thin
  - 1 8 oz. bag of sugar snap peas, sliced if desired
  - Meyer Lemon-Shallot Vinaigrette Dressing, as desired
- Gently toss lettuce mix with just enough dressing to coat the leaves. Separately toss the carrot, radish and sugar snap peas with dressing. Compose on a plate. Serve additional dressing on the side if desired.

### **Meyer Lemon-Shallot Vinaigrette Dressing**

- ¼ cup freshly squeezed lemon juice (approx. 1 ½ lemon)
- 2 heaping tablespoon finely diced shallot (1 small shallot)
- 2 tsp Dijon mustard
- 1 tsp honey
- ½ tsp Kosher salt and freshly ground pepper
- 1 tbsp finely chopped fresh parsley, and/or chives
- ½ cup extra virgin olive oil

Add all ingredients except the olive oil to a medium bowl. Whisk until everything is well mixed. Slowly stream in the olive oil while whisking constantly. Keep whisking vigorously until emulsified. Serve immediately or store it in a container in the fridge for up to a week.

***\*Plate salad, 2 warm fish cakes topped with Aioli and relish. Serve immediately.***