



# Historical Society of Pennsylvania

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“Newfoundland Cod Cakes,” *Fish on Friday: Feasting, Fasting, and the Discovery of the New World*, Brian M. Fagan, 2006. SH 219.F34 2006.

## Newfoundland Cod Cakes SERVES 6 to 8

2 ¼ lbs/1 kg cod fillets  
½ oz/15 ml butter, melted  
1 tsp/5 ml salt  
Paprika to taste  
Generous pinch of garlic powder  
1 oz/30 g onion, finely chopped  
2 large eggs  
4 oz/125 ml potato flakes (or mashed potatoes)  
1 ¾ oz/50 g flour  
3 oz/85 ml milk

Poach the cod fillets, then flake and cool. Combine with the other ingredients, form into small patties, and fry about 4 minutes per side. Serve with mustard or applesauce.

Recipe by the Newfoundland Department of Agriculture and Fisheries.

## Justina's Sauce

Combine equal parts horseradish, mayonnaise, mustard, ketchup and capers. Serve over the cod cake.