

Jersey Fresh Blue Fish Salad

Golden Eagle Style

Ingredients

2 MEDIUM FRESH BLUE FISH FILETS, SKINNED
SMALL YELLOW OR SWEET ONION.
CELERY STALK
CAPERS – SMALL
ONE LEMON – FOR ZEST
TSPN – RICE VINEGAR
SALT
PEPPER
PARSLEY OR CILANTRO (CILANTRO WILL GIVE THE SALAD A DIFFERENT BUT DELICIOUS FLAVOR)
LIGHT MAYONNAISE
OPTIONAL (SWEET GREEN OR JALAPEÑO PEPPER)

THIS IS A VERY LIGHT, FRESH AND COOL DISH THAT CAN BE SERVED ON GREEN SALAD, OR ON A SANDWICH MADE OF PUMPERNICKEL, RYE, OR A NICE WHOLE GRAIN TOASTED BREAD. TOP WITH LETTUCE AND TOMATO SLICES AND PERHAPS A PICKLE. USE IT AS FILLING FOR A “PO-BOY” OR HOAGIE (JERSEY SUB SANDWICH).

GO ONE STEP FURTHER AND PREPARE AWESOME FISH CAKES!

POACH BLUEFISH FILETS AND GENTLY REMOVE FROM POACHING LIQUID, PLACE ON PLATE OR IN BOWL AND PUT INTO REFRIGERATOR TO CHILL. ONCE FILETS ARE COLD GENTLY REMOVE LIGHT COLORED MEAT FROM THE DARK MEAT AND DISCARD THE DARK MEAT AND ANY BONES YOU FIND. TRY NOT TO BREAK UP THE FISH IN TO SMALL OF PIECES; THE SALAD IS BEST WITH SOME LARGER CHUNKS.

ADD FINELY CHOPPED ONION (TO TASTE), THIS ONE IS UP TO YOU. I GENERALLY DO NOT USE A WHOLE SMALL ONION ½ TO ¾ OR ALL IF YOU ARE REALLY FOND OF ONION.

ADD FINELY CHOPPED CELERY, CAPERS TO TASTE (CHOPPED), GRATE LEMON SKIN (ZEST) TO TASTE, SEASON WITH SALT & PEPPER. ADD (OPTIONAL) FINELY CHOPPED SWEET GREEN PEPPER OR JALAPEÑO PEPPER TO TASTE. ADD VINEGAR AND A SPLASH OF FRESH LEMON JUICE, ADD CHOPPED PARSLEY OR CILANTRO.

GENTLY MIX INGREDIENTS TO MIX THOROUGHLY. MIX IN LIGHT MAYO – DO NOT OVER USE MAYO, FOR CREAMER TEXTURE USE MORE, FOR A BIT DRYER (BEST WAY) USE MAYO TO HOLD INGREDIENTS TOGETHER. CHILL AND SERVE.

One Step Further - “Bangin” Blue Fish Cakes

PREPARE SALAD AS ABOVE

ADD ONE EGG- BEATEN

DASH OF DRY WHITE WINE

DASH OF “OLD BAY” OR LIKE SEAFOOD SEASONING (DO NOT OVER SEASON WITH THIS)

PLAIN QUALITY BREAD CRUMBS (ADD ENOUGH TO HOLD CAKES IN SHAPE BUT STAY MOIST – LESS IS BETTER!)

GENTLY FORM FISH CAKES NO LARGER THAN THE CENTER OF THE PALM OF YOUR HAND AND ABOUT AN INCH HIGH.

ROLL FISH CAKE IN PANKO BREAD CRUMBS AND FRY IN QUALITY VEGETABLE OR CANOLA OIL, OR BAKE UNTIL GOLDEN BROWN.

SERVE WITH COCKTAIL SAUCE OR TARTAR SAUCE ON A PLATE WITH FRIES OR POTATO SALAD – WOW
OR

TOAST POTATO ROLL, PORTUGUESE ROLL OR BREAD OF YOUR LIKING, PLACE FISH CAKE ON TOASTED ROLL, TOP WITH ONION SLICE, TOMATO, LETTUCE AND TARTAR SAUCE FOR AN AWESOME FISH CAKE SANDWICH!

This is a Capt. Greg Favorite