



BACCALA' COD CROQUETS

By Caterina Romano's kitchen

INGREDIENTS

2 lbs. of cod fish
1 ½ cups of chopped fresh parsley
1 large chopped sweet onion
1 scrambled egg
1 cup of AP flour
1 TSP of baking soda
1 cup of PANKO bread
3 lemons

DIRECTIONS

1. Desalt & rehydrate the cod by soaking it for 48 hours. Change the water every 6 hours.
2. In a boiling pot of water, add the cod and boil for 7-10 minutes. Once cooled, shred it into small pieces and transfer to a large bowl.
3. To the cod, add the parsley, sweet onion and the scramble egg and mix everything together.
4. To the AP flour add the baking soda and mix.
5. Sprinkle the flour over the cod mixture, season with salt & pepper and mix thoroughly.
6. Using a large ice cream scooper, shape the mixture into croquets using your hands.
7. Use an electric frier and heat the oil to 350 DF. (You can also use a heavy pot with 2" of olive oil)
8. Deep fry the cod croquets in batches until golden brown.
9. While warm, dunk the fried croquets in the PANKO bread until fully covered.
10. Place the croquets on a serving dish. Cut 2 of the lemons into wedges and place them around the croquets. Grade lemon zest over them and serve.

ENJOY THE BACCALA' COD CROQUETS