Let Them Eat COD CAKES
Take dinner in hand with these tasty, easy-to-make cod cakes, courtesy of wild, natural and sustainable Alaska seafood.

Are you here for the cake — the Alaska cod cake that is? From sophisticated Alaska Cod Cakes with Citrus Sauce to family-friendly Creole Cod Cake Sliders with Cajun Tartar Sauce, we’ve taken the traditional fishcake and given it a fresh, contemporary spin that’s simple and fun to make, and deliciously stylish to serve.

As elegant as a crab cake but much easier to prepare, and as playful as a burger with a lot more flair, these recipes take the cake. Sweet, mild and delicately firm, versatile Alaska cod always cooks up moist and flavorful — just flake, season and shape for a meal that’s practically foolproof.

And because they’re made with wild Alaska cod, you can feel good about serving any of these fishcake variations to family and friends. Like all Alaska seafood, our cod is always natural and sustainable, fished from some of the most pristine waters on the planet. Alaska cod is also loaded with smart nutrition, including plenty of lean protein, vitamins, and heart-healthy omega-3 fatty acids.

So go ahead and get your hands a little messy. Delicious meals are a piece of cake when you start with wild cod from Alaska.
Alaska Cod Cakes with Spicy Coconut Broth

Ingredients:

**SPICY PASTE:**
- 2 Tablespoons chili garlic sauce
- 2 Tablespoons minced shallots
- 2 Tablespoons chopped and toasted macadamia nuts or almonds
- 2 Tablespoons minced fresh ginger
- 1 Tablespoon coriander seeds, toasted and ground
- 2 teaspoons fish sauce
- Juice and zest of a lime
- 1 teaspoon sugar
- 1 Tablespoon vegetable oil
- 1 teaspoon sesame oil

**ALASKA COD CAKES:**
- 1 pound Alaska Cod fillets, fresh, frozen or thawed
- 1 Tablespoon mayonnaise
- 1/4 cup seasoned dry bread crumbs
- 1 egg, beaten
- Salt and pepper, to taste
- 1/3 cup flour
- 3 Tablespoons olive oil
- 1 package (5 to 6 oz.) spinach
- 1 can (14 oz.) unsweetened coconut milk
- 1/2 cup chicken broth

**Prep time:** 15 minutes  
**Cook time:** 25 minutes  
**Servings:** 4
Alaska Cod Cakes with Spicy Coconut Broth

Directions:

Mix all ingredients for spicy paste in a small food processor or blender. In a saucepan, heat paste over medium heat just until fragrant, about 1 minute. Stir in coconut milk and chicken broth. Cook 3 to 5 minutes; keep warm.

To make cod cakes, fill a large sauté pan or stockpot with enough water to cover seafood; bring to a simmer. Rinse any ice glaze from frozen Alaska Cod under cold water. Turn off heat and gently add seafood to water; return heat to a simmer. Once simmering, cover pan tightly and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest in liquid for 5 minutes, or until seafood is opaque throughout. Remove cod from water; cool slightly and flake into small pieces.

Mix cod flakes, mayonnaise, bread crumbs and egg in a bowl; season with salt and pepper. Form into 4 cod cakes. Dust lightly with flour and sauté in olive oil until golden brown on both sides. Remove cakes from pan; keep warm.

Wipe out pan; return pan to burner. Add 1/3 cup water and spinach. Cook over medium heat just until spinach is wilted; drain.

To serve, divide and portion spinach among 4 shallow soup/pasta bowls. Top each with a cod cake. Ladle about 1/2 cup broth around and over each cake.

Variation: Alaska Cod can be poached, steamed, baked or sautéed until opaque throughout; cool slightly before breaking into small flakes.

Nutrients per Serving:
372 calories, 21.5g total fat, 3.5g saturated fat, 51% calories from fat, 112mg cholesterol, 25.5g protein, 21g carbohydrate, 3.5g fiber, 648.5mg sodium, 94.5mg calcium and 500mg omega-3 fatty acids.
Alaska Cod Cakes with Citrus Sauce

**Ingredients:**

**COD CAKES:**
- 1 pound Alaska Cod fillets, fresh, thawed or frozen
- 1/4 cup seasoned bread crumbs
- 2 Tablespoons mayonnaise
- 1 egg white, beaten
- 1/4 teaspoon celery salt
- 1/4 teaspoon cayenne pepper, if desired
- 1/3 cup fine cornmeal or flour
- 2 Tablespoons unsalted butter
- 1 Tablespoon olive oil

**CITRUS SAUCE:**
- 1 cup orange juice
- 1 Tablespoon corn starch
- 2 teaspoons honey-Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon white pepper
- 4 cups escarole and shredded carrot salad blend
- 1/4 cup toasted macadamia nuts, hazelnuts or almonds, chopped

**Prep time:** 15 minutes  
**Cook time:** 15 minutes  
**Servings:** 4
Alaska Cod Cakes with Citrus Sauce

Directions:

Fill a large sauté pan or stockpot with enough water to cover seafood; bring to a simmer. Rinse any ice glaze from frozen Alaska Cod under cold water. Turn off heat and gently add seafood to water; return heat to a simmer. Once simmering, cover pan tightly and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest in liquid for 5 minutes, or until seafood is opaque throughout. Remove cod from water; cool slightly and flake into small pieces.

In a large bowl, thoroughly mix together cod flakes, bread crumbs, mayonnaise, egg white, celery salt and cayenne pepper. Form mixture into 4 cakes. Dust cakes with cornmeal or flour.

Heat butter and oil in a pan over medium heat. Cook cakes until golden brown on both sides; remove from pan and keep warm.

Blend orange juice, corn starch, mustard, salt and pepper. Whisk into butter mixture in pan; cook and stir until sauce thickens.

Portion 1 cup salad blend on each of 4 plates. Top with a cod cake. Spoon on sauce and sprinkle with nuts.

Variation: Alaska Cod can be poached, steamed, baked or sautéed until opaque throughout; cool slightly before breaking into small flakes.

Nutrients per Serving:
369 calories, 19g total fat, 6g saturated fat, 46% calories from fat, 69.5mg cholesterol, 25g protein, 26.5g carbohydrate, 3g fiber, 682mg sodium, 89.5mg calcium and 550mg omega-3 fatty acids.
Tempura Cod Bites with Samurai Sauce

Ingredients:

**SAUCE:**
- 1/2 cup mirin
- 1/4 cup low-sodium soy sauce
- 1/4 cup rice vinegar
- 2 teaspoons minced and seeded serrano peppers
- 1 Tablespoon minced green onion or chives

**TEMPURA COD BITES:**
- 1 pound Alaska Cod fillets, fresh, thawed or frozen
- 1/3 cup mayonnaise
- 1/4 teaspoon cayenne pepper, if desired
- 2 teaspoons lime juice
- Salt and pepper, to taste
- 1/4 to 1/3 cup panko bread crumbs
- 1/4 cup furikake (shredded nori and seasonings), if desired
- 3/4 cup tempura (dry batter)
- Ice cold water, as needed
- Peanut or canola oil, for frying

Prep time: 20 minutes  
Cook time: 25 minutes  
Makes: 15 to 16 bites (3 to 4 servings)
Mix sauce ingredients together; set aside.

Fill a large sauté pan or stockpot with enough water to cover seafood; bring to a simmer. Rinse any ice glaze from frozen Alaska Cod under cold water. Turn off heat and gently add seafood to water; return heat to a simmer. Once simmering, cover pan tightly and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest in liquid for 5 minutes, or until seafood is opaque throughout. Remove cod from water; cool slightly and flake into small pieces.

Add enough oil to a fryer or deep, heavy saucepot to at least 3 inches deep; heat to 350°F.

Mix together cod flakes, mayonnaise, cayenne, lime juice, salt and pepper. Gently fold in panko; scoop mixture by tablespoon into balls. Roll balls in furikake, if desired.

Mix tempura and enough cold water (as directed on package) to make batter. Mix just until slightly lumpy. Dip balls into batter to lightly coat, removing excess as needed. Fry, in batches, for 3 to 5 minutes until deep golden brown. Serve cod bites with dipping sauce.

**Variation:** Alaska Cod can be poached, steamed, baked or sautéed until opaque throughout; cool slightly before breaking into small flakes.

**Nutrients per Serving:**
340 calories, 7g total fat, 1g saturated fat, 19% calories from fat, 57mg cholesterol, 23g protein, 43g carbohydrate, 0g fiber, 1024mg sodium, 3mg calcium and 710mg omega-3 fatty acids.
Provencal Cod Cakes

Ingredients:

1 pound Alaska Cod fillets, fresh, thawed or frozen
2 egg yolks
2 Tablespoons Dijon mustard
2 Tablespoons champagne vinegar
1 Tablespoon plus 1 teaspoon herbes de Provence seasoning
1/2 teaspoon pepper
1/4 teaspoon salt
1/2 cup olive oil
2 Tablespoons dried bread crumbs
1/2 cup flour
1/4 cup unsalted butter
4 cups spring lettuce mix
1/3 to 1/2 cup prepared dill-mustard vinaigrette (or bottled dressing)

Prep time: 25 minutes (without chilling time)
Cook time: 15 minutes
Servings: 4 (2 cakes each)
Provencal Cod Cakes

Directions:

Fill a large sauté pan or stockpot with enough water to cover seafood; bring to a simmer. Rinse any ice glaze from frozen Alaska Cod under cold water. Turn off heat and gently add seafood to water; return heat to a simmer. Once simmering, cover pan tightly and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest in liquid for 5 minutes, or until seafood is opaque throughout. Remove cod from water; cool slightly and flake into small pieces.

Place egg yolks, mustard, champagne vinegar, 1 tablespoon herbes de Provence seasoning, pepper and salt into a blender or a bowl of a small food processor. With blades whirring, slowly stream in the olive oil to make a mayonnaise.

Mix together flour and remaining 1 teaspoon herbes de Provence seasoning. Coat cakes with flour mixture and sauté in butter over medium heat until browned on both sides.

To serve, toss salad greens with vinaigrette. Divide greens between 4 serving plates; top with 2 cod cakes.

Variation: Alaska Cod can be poached, steamed, baked or sautéed until opaque throughout; cool slightly before breaking into small flakes.

Nutrients per Serving:
656.5 calories, 54g total fat, 14.5g saturated fat, 73% calories from fat, 247.5mg cholesterol, 25g protein, 20g carbohydrate, 1.5g fiber, 816mg sodium, 1164mg calcium and 610mg omega-3 fatty acids.
Spring Green Alaska Cod-Potato Cakes

Ingredients:

COD CAKES:
1 pound Alaska Cod fillets, fresh, thawed or frozen
1 cup cooked instant mashed potatoes
1/2 cup chopped green onion
1 Tablespoon each chopped fresh parsley and thyme leaves
2 garlic cloves, minced
1 egg, beaten
Salt and pepper, to taste
2 Tablespoons unsalted butter
2 Tablespoons canola oil

SAUCE:
4 oz. goat cheese, crumbled
1/2 cup plain Greek yogurt (regular or non-fat)
1 Tablespoon fresh lemon juice
1 Tablespoon lemon zest
1 Tablespoon minced green onion or chives

Prep time: 15 minutes  Cook time: 15 minutes  Makes: 8 to 10 cakes
Spring Green Alaska Cod-Potato Cakes

**Directions:**

Fill a large sauté pan or stockpot with enough water to cover seafood; bring to a simmer. Rinse any ice glaze from frozen Alaska Cod under cold water. Turn off heat and gently add seafood to water; return heat to a simmer. Once simmering, cover pan tightly and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest in liquid for 5 minutes, or until seafood is opaque throughout. Remove cod from water; cool slightly and flake into small pieces.

Stir together cod flakes, mashed potatoes, green onion, parsley, thyme, garlic and egg, just until blended. Season with salt and pepper.

Divide mixture into 1/4 cup portions; flatten each portion into 3-inch diameter patties. Heat butter/oil mixture in a pan over medium heat. Add cakes (in batches) and sauté until browned on both sides; keep warm.

Blend together goat cheese, yogurt, lemon juice, zest and green onion to make sauce. Serve sauce with cakes.

**Variation:** Alaska Cod can be poached, steamed, baked or sautéed until opaque throughout; cool slightly before breaking into small flakes.

**Nutrients per Serving:**

397.5 calories, 29.5g total fat, 12g saturated fat, 66% calories from fat, 137mg cholesterol, 27g protein, 73g carbohydrate, 1g fiber, 241mg sodium, 70.5mg calcium and 960mg omega-3 fatty acids.
Vietnamese Cod Toasts

Ingredients:

- 1 pound Alaska Cod fillets, fresh, thawed or frozen
- 2 egg whites, beaten
- 2 Tablespoons chopped fresh cilantro
- 2 teaspoons fish sauce
- 1 teaspoon fresh lime juice
- 2 teaspoons minced shallots
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon anchovy paste
- 12 slices (1/2-inch thick) narrow baguette
- Peanut or canola oil, for frying
- 1 cup sweet chili sauce, if desired

Prep time: 10 minutes  
Cook time: 15 minutes  
Makes: 12 (3 to 4 servings)
Vietnamese Cod Toasts

Directions:

Fill a large sauté pan or stockpot with enough water to cover seafood; bring to a simmer. Rinse any ice glaze from frozen Alaska Cod under cold water. Turn off heat and gently add seafood to water; return heat to a simmer. Once simmering, cover pan tightly and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest in liquid for 5 minutes, or until seafood is opaque throughout. Remove cod from water; cool slightly and flake into small pieces.

Mix together cod flakes, egg whites, cilantro, fish sauce, lime juice, shallots, pepper flakes and anchovy paste.

Spread and press about one tablespoon cod mixture onto the entire top surface of each baguette slice.

Heat about 1/4 inch of oil in a large nonstick heavy pan over medium-high heat. In batches, fry bread slices, cod side down, for 1 to 2 minutes, until thoroughly cooked. Turn toasts over and brown bottom side lightly. Serve toasts with chili sauce, if desired.

Variation: Alaska Cod can be poached, steamed, baked or sautéed until opaque throughout; cool slightly before breaking into small flakes.

Nutrients per Serving:
214 calories, 7g total fat, 1g saturated fat, 30% calories from fat, 52.5mg cholesterol, 24g protein, 13.5g carbohydrate, 1.5g fiber, 38mg sodium, 564.5mg calcium and 320mg omega-3 fatty acids.
Creole Cod Cake Sliders with Cajun Tartar Sauce

**Ingredients:**

**TARTAR SAUCE:**
- 1/2 cup canned, fresh or frozen corn kernels
- 3/4 cup regular or low-fat mayonnaise
- 1/2 small jalapeño, seeded and minced
- 1 Tablespoon cider vinegar
- 2 Tablespoons minced red onion
- 1 teaspoon mustard (or spicy mustard)
- 1/2 teaspoon Cajun seasoning

**ALASKA COD CAKES:**
- 1 pound Alaska Cod fillets, fresh, thawed or frozen
- 1/2 to 1 teaspoon chipotle chili powder (or to taste)
- 1/2 teaspoon pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/2 cup fresh bread crumbs (1 to 2 slices of bread, torn into small pieces)
- 1 egg, beaten
- 1 teaspoon minced garlic
- 2 teaspoons olive oil
- 8 slider buns, toasted
- 1 cup shredded lettuce or cabbage

**Prep time:** 25 minutes  **Cook time:** 15 minutes  **Servings:** 4 (2 sliders each)
Mix together ingredients for tartar sauce; cover and refrigerate until serving.

Fill a large sauté pan or stockpot with enough water to cover seafood; bring to a simmer. Rinse any ice glaze from frozen Alaska Cod under cold water. Turn off heat and gently add seafood to water; return heat to a simmer. Once simmering, cover pan tightly and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest in liquid for 5 minutes, or until seafood is opaque throughout. Remove cod from water; cool slightly and flake into small pieces.

In a small bowl, mix together chipotle powder, pepper, onion powder, thyme and salt. In a larger bowl, place cod flakes, fresh bread crumbs, egg and garlic. Sprinkle on seasoning blend; mix thoroughly. Form mixture into 8 cod cakes. Sauté cakes in olive oil until browned on both sides. Keep warm.

Spread about 1 tablespoon tartar sauce on bottom halves of slider buns. Top each with about 2 tablespoons lettuce and a cod cake. Spoon on additional 1 tablespoon of tartar sauce; close with bun tops.

*Variation:* Alaska Cod can be poached, steamed, baked or sautéed until opaque throughout; cool slightly before breaking into small flakes.

**Nutrients per Serving:**
- 361 calories, 8.5g total fat, 1g saturated fat, 21% calories from fat
- 96mg cholesterol, 27.5g protein, 44g carbohydrate, 1g fiber, 424mg sodium
- 36mg calcium and 550mg omega-3 fatty acids
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