

Wild Alaska Halibut Cakes



Preparation Time: 10 minutes

Cook Time: 30 minutes

Servings: 16 appetizer cakes

Ingredients:

2 pounds russet potatoes, peeled and cut into large chunks*

2 Tablespoons butter

6 green onions, trimmed and finely chopped (about 3/4 cup)

1 pound skinless Alaska Halibut, cut into large pieces

1 large egg, beaten

Salt and freshly ground black pepper, to taste

3/4 cup (3 oz.) instant polenta, divided

Vegetable oil, as needed for frying

Description:

Cook the potatoes in lightly salted boiling water until tender. Drain potatoes; transfer to a large bowl. Mash the potatoes; let cool slightly. While potatoes are cooling, melt butter in a medium pan. Add green onions and cook over medium heat for 3 to 4 minutes, until softened. Remove onions; add halibut and cook until opaque throughout, breaking fish into chunks while cooking.

Add the green onions and halibut, along with any remaining butter from pan, to the potatoes. Mix well; add beaten egg and 2 tablespoons polenta. Season with salt and pepper, to taste. Form into 16 cakes (2-1/2 inches wide) using 1/4 cup portion to form each cake. Sprinkle the remaining polenta onto a large plate; lightly coat the fish cakes in polenta.

Heat a thin layer of vegetable oil in a large pan over medium heat. Add the fish cakes in batches, cooking about 3 to 4 minutes per side, until browned and cooked through.

*Note: 3 cups of cooked firm instant mashed potatoes can be substituted for russet potatoes.

Photo by Steve Lee