

# Merritt Menu

## Atlantic Canadian Pride- Haddock & Summer Savoury Mini Fishcakes with Lemon Aioli and Pickled Shallots

### Fishcakes

(Yields approx. 15 servings)

2-3 Haddock fillets  
2 Potatoes (chef or russet)  
1 Egg  
2 tsp Capers, pulverized  
2 tbsp Summer Savoury  
1 Lemon, juice and zest  
2 tbsp + 2 tbsp Butter  
1 Shallot, minced  
2 Cloves garlic, minced

- Peel and cut the potatoes into 1" cubes. Place in cold salted water, and bring to a boil.
- Meanwhile, cut haddock into bite sized pieces. Melt butter in a pan until it bubbles slightly, and add shallots and garlic. Saute until caramelized, and add fish. Saute for 5 minutes and remove from heat.
- Once potatoes are tender, drain and cool.
- In a bowl, combine potatoes, fish, capers, summer savoury and lemon. Taste and season. As long as the mixture is not too hot, add the egg and mix.
- Heat butter in a pan until slightly bubbly. Form mixture into small patties, and place carefully in the pan. Make sure not to overcrowd the pan. (TIP: use clarified butter if you're scared of burning the butter. The smoke point is higher due to the lack of milk solids.)
- Let the cakes cook on one side for 4-5 minutes, turn, and cook for another 4-5 minutes. Once caramelized on both sides, remove from heat and let rest on paper towel.
- These keep for around two days refrigerated. To reheat, saute in butter again, or microwave with a pad of butter on top.



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## Pickled Shallots

3-4 Shallots

½ cup Water

1 cup Red wine vinegar

⅓ cup Sugar

¼ cup Salt

TT Aromatics (mustard seed, coriander, anise, fennel seed)



- Combine all ingredients except for shallots in a saucepan. For aromatics, I used black peppercorn, fennel seed, mustard seed, and star anise. Whisk the mixture lightly and bring to a hard simmer. (TIP: To bring out the flavour of the aromatics, toast them lightly in a pan before adding to the liquid.)
- Once the liquid has reached a hard simmer, let simmer softly for 10-15 minutes. Remove from heat and let cool until the liquid is warm to lukewarm.
- Cut the top off the shallots (opposite the root) and peel. On a mandolin, or with a knife, carefully slice the shallot very thinly into rings.
- Add the shallots to the pickle, and let sit until pickle is completely cool. Refrigerate for 2-3 weeks.

## Lemon Aioli

1 ½ cup prepared mayo OR

2 Egg yolks

1 tbsp White vinegar

½ tsp Mustard or mustard powder

1 cup Canola

1 tsp garlic

TT lemon juice & zest

TT cayenne pepper OR 1 tsp prepared horseradish

- If using prepared mayo, add the garlic, lemon and cayenne or horseradish, season and mix.
- If making it from scratch, I recommend using a hand mixer. Place yolks in a large bowl and add vinegar and mustard. Mix for 1 minute until combined.
- Begin to slowly drizzle the oil into the mixture while blending. Be careful not to add too much at a time.
- Once the mixture reaches a thick consistency with small peaks, add the garlic, lemon and cayenne or horseradish, and season to taste.

TIP: If the aioli splits, transfer to another bowl. Add one egg yolk to the bowl and repeat the method, using the split aioli instead of oil. You can also use a couple of tablespoons of boiling water to fix the emulsification.