CAPE BRETON ISLAND

COD CAKES

SERVES 4

Be sure to let the cod cakes firm up in the refrigerator before you fry them, so that they'll hold their shape.

- **6 tbsp. extra-virgin olive oil**
- **2 ribs celery, finely chopped**
- **1 medium onion, finely chopped**
- **1 clove garlic, finely chopped**
- **2 russet potatoes (about 1 lb.), peeled and cut into ¼" cubes**
- **Kosher salt, to taste**
- **1 lb. boneless skinless cod filets**
- **Freshly ground black pepper, to taste**
- **½ cup dried bread crumbs**
- **¼ cup mayonnaise**
- **2 tbsp. finely chopped fresh dill**
- **2 tbsp. finely chopped flat-leaf parsley**
- **1 egg yolk, beaten**
- **1 tbsp. lemon juice**
- **4 tbsp. unsalted butter**
- **Chowchow, for serving (optional; see bottom right)**

❶ Heat 2 tbsp. oil in a 12" skillet over medium heat. Add celery, onions, and garlic and cook, stirring occasionally, until soft, about 8 minutes. Transfer celery-onion mixture to a large bowl and set aside.

A recipe for Charlene Murphy's potato salad at SAVEUR.COM /ISSUE122

❷ Put potatoes into a 4-qt. saucepan and cover with salted water by 1". Bring to a boil, reduce heat to medium, and simmer until potatoes are tender, about 15 minutes. Drain; transfer half the potatoes to a plate. Set aside to let cool. Transfer remaining potatoes to a bowl and mash with a fork. Transfer mashed potatoes to reserved bowl of onion mixture; set aside to let cool.

❸ Season cod with salt and pepper. Heat 2 tbsp. oil in a 12" nonstick skillet over medium heat. Add cod and cook, turning once with a metal spatula, until cooked through, 8–10 minutes. Transfer cod to a plate and let cool. Break cod into 1" chunks and set aside.

❹ Add bread crumbs, mayonnaise, herbs, egg yolk, and lemon juice to the potato-onion mixture and stir vigorously to combine. Add the reserved cubed potatoes and the cod and mix gently to combine. Using your hands, divide the mixture into 8 equal portions and form into 3"-wide cakes (use a 3" ring mold if you have one). Transfer cakes to a wax paper–lined baking sheet, cover with plastic wrap, and refrigerate for 30 minutes, until firm. Working in 2 batches, heat 1 tbsp. oil and 2 tbsp. butter in a 12" cast-iron skillet over medium-high heat. Add cod cakes and cook, flipping once, until golden brown, about 8 minutes. Transfer cakes to a serving platter; serve with chowchow, if you like.

CORN CHOWDER

SERVES 8

This summer chowder is thickened not with flour but by puréeing a little of the soup, which is then stirred back in.

- **8 ears fresh corn, shucked**
- **8 strips bacon, chopped**
- **4 tbsp. unsalted butter**
- **1 tbsp. finely chopped fresh thyme**
- **4 cloves garlic, finely chopped**
- **2 ribs celery, finely chopped**
- **1 medium yellow onion, finely chopped**
- **1 fresh bay leaf**
- **6 cups milk**
- **3 medium new potatoes (about 1½ lbs.), peeled and cut into ½" cubes**
- **Kosher salt and freshly ground black pepper, to taste**
- **¼ cup thinly sliced fresh basil, for garnish**

❶ Working over a large bowl, slice the corn kernels off the cob, scraping the cob with the knife to extract the flavorful juices. Halve 5 of the bare corn cobs crosswise, discarding the rest. Set corn and cobs aside.

❷ Heat the bacon in a 6-qt. pot over medium heat and cook, stirring occasionally, until crisp, about 12 minutes. Reserve 3 tbsp. bacon for garnish, leaving the remaining bacon in the pot. Add butter, thyme, garlic, celery, onions, and bay leaf. Cover the pot and cook, stirring occasionally, until the onions soften, about 6 minutes. Add the reserved corn kernels and cobs, milk, and potatoes. Cover, bring chowder to a boil, reduce heat to low, and simmer, stirring occasionally, until the potatoes are tender, about 25 minutes. Skim any foam from the surface of the soup. Discard the cobs and bay leaf; transfer 1½ cups of the soup to a blender, and purée. Stir purée into the chowder to thicken it. Season with salt and pepper and serve garnished with reserved bacon and basil.

CHOWCHOW

MAKES ABOUT 3 CUPS

This tart-sweet relish, which makes use of a bumper crop of late-summer produce, is the perfect condiment for the cod cakes shown above left. This recipe is based on one in *Simple Pleasures from Our Maritime Kitchens* by Julie V. Watson (Raincoast Books, 2002).

- **1½ lbs. green tomatoes, cored and finely chopped**
- **1 medium yellow onion, finely chopped**
- **1 rib celery, finely chopped**
- **½ green bell pepper, cored, seeded, and finely chopped**
- **½ red bell pepper, cored, seeded, and finely chopped**
- **2 tbsp. kosher salt**
- **½ cup sugar**
- **⅓ cup distilled white vinegar**
- **1½ tsp. dry mustard**
- **1½ tsp. yellow mustard seeds**
- **1 tsp. celery seeds**
- **1 tsp. crushed red chile flakes**
- **¼ tsp. ground coriander**

❶ Toss tomatoes, onions, celery, and peppers in a large bowl with salt; cover with plastic wrap and let sit at room temperature for 4 hours or overnight. Transfer vegetables to a sieve and press to extract excess juices; discard juices.

❷ Transfer vegetables to a 6-qt. saucepan and add remaining ingredients. Cover, bring mixture to a boil, reduce heat to medium-low, and simmer, stirring occasionally, until vegetables are very soft, about 2½ hours. Transfer relish to a jar and let cool. Cover and refrigerate for up to 2 weeks.

GREAT RELISH

The relish of pickled tomatoes, celery, and mustard known as chowchow has long been popular in Canada's Maritime provinces; it is likely a descendant of the English relish known as piccalilli. Many cooks make their own (see recipe, left), but others, including Eva Murphy of Cape Breton Island, swear by Graves Chow Chow (pictured). This smooth relish, less sugary than your standard American pickle relish, has a fresh, sour-sweet taste and goes well with grilled salmon, hot dogs, turkey sandwiches, or any food that calls for a tangy counterpoint. (See THE PANTRY, page 108, for a source.) —*Ben Mims*

FROM LEFT: ANDRÉ BARANOWSKI (4); TODD COLEMAN