



Salted Pollock Croquettes

Chef Mark Segal

Ingredients

For Salt Pollock

- ¾ lb. Pollock fillet, skin on
- 2lb Kosher salt
- 2 Tbl black peppercorn, cracked
- ¾ lb. Salted Pollock
- 2 cups milk
- 2 thyme sprigs
- 1 bay leaf
- 1 tablespoon peppercorn
- 8 cloves smashed garlic

For Croquettes

- 1 lb. potatoes, peeled and cubed
- 4 tablespoon extra virgin olive oil
- 2 tablespoon minced shallot
- 2 tablespoon chopped parsley
- 1 teaspoon cracked black pepper
- ¼ teaspoon cayenne pepper
- ¼ cup lemon juice
- 2 large egg yolks
- All purpose flour for dredging

Directions

1. For the Salt Pollock: On a sheet tray place a layer of salt slightly larger than the fish fillet. Sprinkle with 1 Tbl peppercorns. Place the fillet on the salt bed and cover with the remaining salt and peppercorn so the fish is completely covered. Place in the refrigerator for three days at a slight angle to allow liquid to drain away from fish. Drain tray as needed. After three days remove the fillet from the salt crust. Do not rinse. Place on a

wire rack with a tray underneath and air dry in the refrigerator for an additional three days.

2. To cook pollock: Rinse pollock well with excess salt. In a saucepan, place all the ingredients and bring to a simmer. Make sure the fish is covered with at least 1" with milk. Simmer for 30 minutes until the fish is flaky. Remove fish and reserve. Remove skin and bones. Strain and reserve cooking liquid.

3. To make croquettes: Place potatoes in a saucepan with the cooking liquid from the fish and cook until tender. Smash smooth or pass through a food mill. Let cool. In a mixer with the paddle attachment flake the fish until it's all completely broken up. Add the potatoes and the remaining ingredients from above. Mix until well combined. Form croquettes and cool. Dredge in flour, then whisked eggs, then breadcrumbs. Fry at 350 degrees until golden brown.