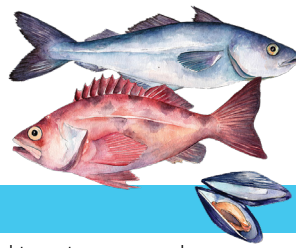


HARVEST of the MONTH at home

Fish Curry



INGREDIENTS

- 1 lb of firm white fish
- 1 TB of Vegetable Oil
- 4 oz of Onion, grated
- 2 tsp of Ginger, fresh, grated
- 2 cloves of Garlic, fresh, minced
- 1/2 lb of Green Beans, fresh
- 14.5 oz of Diced tomatoes, canned
- 2 tsp of Curry Powder
- 1/2 tsp of Salt
- 1/2 tsp of Black Pepper
- 1 cup of Coconut Milk
- 1/4 cup of Water

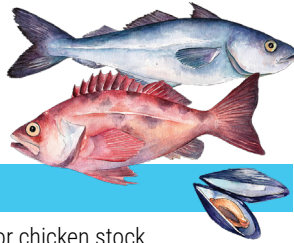
DIRECTIONS

1. Wash fillets and pat dry. Cut into 2-inch chunks.
2. Heat oil in a medium saucepan over medium heat. When oil is hot, add onion, ginger, and garlic. Sauté 5 minutes, until very fragrant.
3. Use a spatula, potato masher, or your hands to break down tomatoes. Add to pan (along with fresh green beans, if desired) and sauté for another 3 minutes, stirring frequently.
4. Add curry powder, salt, and pepper. Stir to combine and cook for 2 minutes.
5. Turn heat to medium-high. Add coconut milk and water. When mixture comes to a boil, add fish and cook for 4 minutes or so, until all chunks are cooked through.
6. Serve on cooked white or brown rice. Top with cilantro.

Source: Montana Fish, Wildlife, and Parks

HARVEST of the MONTH at home

Fish Chowder



INGREDIENTS

- 2 Tbsp of vegetable oil
- 2 Tbsp of butter
- 2 cup of yellow onions, diced
- 1 cup of carrots, diced
- 1 cup of red bell pepper
- 1 cup of celery, diced
- 2 cloves of garlic, minced
- 1/2 lb of Yukon Gold potatoes, peeled, diced
- 5 cups of fish or chicken stock
- 2 sprigs (or 1 tsp dried thyme) of fresh thyme
- 1 leaf of bay leaf
- 3 lbs of cooked & flaked skinless white fish (Haddock, Pollock, Hake)
- 1-1/2 cups of heavy cream
- 1 tsp of kosher salt
- 1 tsp of black pepper

DIRECTIONS

1. Heat oil in pot.
2. Add butter, onion, carrots, celery, garlic, and red pepper.
3. Cook, stirring until onion is softened, 8-10 mins.
4. Add potatoes, stock, thyme & bay leaf,

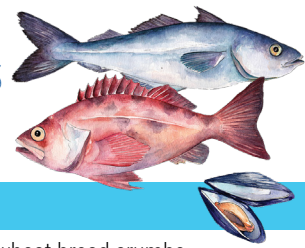
- simmer until potatoes are tender, 15 mins.
5. Add cooked fish & cream, simmer uncovered for 10 minutes.
6. Add kosher salt & pepper.

Source: Up Island Regional Schools, Martha's Vineyard



HARVEST of the MONTH at home

Potato Cod Cakes w. Lemon Yogurt Dipping Sauce



INGREDIENTS

- 1 large potato, peeled & cut into 2" chunks
- 1/2 pound cod (or other white fish)
- 2 TB parmesan cheese, grated
- 1 tsp Parsley, chopped fine
- 2 eggs, whisked separately
- 1/2 tsp kosher salt
- 1 cup whole wheat bread crumbs
- vegetable or canola oil

For Dipping Sauce (Mix all together)

- 2 TB yogurt
- 2 TB mayonnaise
- 2 tsp lemon juice
- 1/4 tsp salt

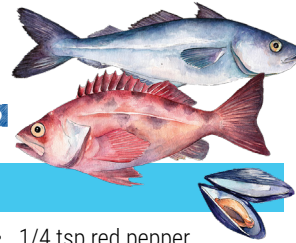
DIRECTIONS

1. Bring a steamer pot with 2 inches of water to a boil and cook the potato chunks for 15-20 minutes or until fork tender. Put in bowl and mash.
2. Add the cod to the steamer pot and cook for 5-6 minutes. Remove to a plate, cool and flake with a fork, being careful to remove any bones.
3. Place the cod, mashed potatoes, parmesan, parsley, 1 egg and salt in a bowl and stir to combine.
4. Shape about 2 tbsp of the cod mixture into 16 evenly shaped patties.
5. Place the breadcrumbs and remaining whisked egg into two separate bowls and gently roll each patty into the whisked egg and then into the bread crumbs.
6. Heat a thin layer of oil in a large saute pan over medium heat.
7. Cook the cod cakes 4 minutes on each side or until golden.
8. Serve with dipping sauce.

Source: Weelicious

HARVEST of the MONTH at home

Fish Tacos w. Cilantro Lime Crema



INGREDIENTS

- **Crema:**
- 1/4 cup thinly sliced green onions
- 1/4 cup chopped fresh cilantro
- 3 TB mayonnaise
- 3 TB sour cream
- 1 tsp grated lime rind
- 1-1/2 tsp fresh lime juice
- 1/4 tsp salt
- 1 garlic clove, minced
- **Tacos:**
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/4 tsp red pepper
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1 1/2 lbs. white fish fillets
- Cooking spray
- 8 (6-inch) corn tortillas
- 2 cups shredded cabbage

DIRECTIONS

1. Preheat oven to 425°.
2. To prepare crema, combine the first 8 ingredients in a small bowl; set aside.
3. To prepare tacos, combine cumin and next 5 ingredients (through garlic powder) in a small bowl; sprinkle spice mixture evenly over both sides of fish. Place fish on a baking sheet coated with

- cooking spray. Bake at 425° for 9 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Place fish in a bowl; break into pieces with a fork.
4. Heat tortillas according to package directions. Divide fish evenly among tortillas; top each with 1/4 cup cabbage and 1 tablespoon crema.

Source: MyRecipes.com