



## MAMA'S GARFISH PATTIES

In memory of Mrs. Laura Borne Nicholas

Manchac, Louisiana

PREP TIME: 45 min COOK TIME: 15 min SERVES: 12

### INGREDIENTS:

- 4 lb garfish meat
- 3 large onions, chopped fine
- 1 c green onion tops, chopped
- 1 c parsley, chopped
- 1 Tbsp garlic, chopped
- 2 potatoes, boiled & cooled
- 4 eggs, beaten
- ½ c green peppers, chopped
- Salt & pepper to taste
- Flour for rolling
- Oil for frying

### DIRECTIONS:

1. Boil garfish meat 30 minutes in salt water.  
Let cool. Meat should flake off gristle.  
Remove all bones and gristle.

2. Put flaked fish in large pan. Sauté onions in a very little oil until soft.
3. Mash cooled boiled potatoes. Beat eggs.
4. Add onions, potatoes, eggs, green onion tops, parsley, garlic, and green peppers to fish. Mix well. Salt and pepper to taste.
5. Form into palm-sized patties. Roll in flour.
6. Fry in hot oil until golden brown, 3-4 min per side. Drain on paper towels.

#### NANA'S NOTES:

- Hot sauce + squeeze of lime to serve
- Cool potatoes completely or patties fall apart
- Freezes great. Reheat air fryer 375°F for 5 min
- Can sub catfish, but it ain't Grandma Laura's

[www.NanaTeesCajunHome.com](http://www.NanaTeesCajunHome.com)