



Food & Public History

Hearth Cooked Dinner by Chef Denzell Washington

Menu for January 23, 2021:

Pan Fried Cod Cakes
Seasoned with Dijon & Old Bay

Braised Cabbage
Flavored with Pork, Onion, & Spices

Hasselback Potatoes
With Shallot & Herb Compound Butter

Smoked Pear Galette
Sliced Bartlett Pears with Bosc Compote & Pear Liqueur in a Buttery Multi-Grain Crust

Chef's Notes for Enjoying Your Meal at Home:

Cod Cakes & Potatoes: Warm in 325* oven on foil covered tray until fragrant & crisped.

Cabbage: Gently reheat in saucepan or microwave with sprinkle of water to steam.

Pear Galette: Enjoy at room temperature or warmed 3-5 mins in 325* oven.

Wine Pairings:

Visit our neighbors at Good Wine across 5th Avenue for 15 % off select bottles to complement your meal.

Connect with them online at www.goodwine.nyc and @GoodWineNYC.



Chef Denzell Washington -

Email: chefdenzellw@gmail.com

Phone: (347) 410-1857

Instagram: @ChefDenzellWashington

A Short History of the Cod Cake

If you like learning history from what's on your plate, you'll love the story of the cod cake! While it has a multifaceted connection to both the Old and New Worlds, Atlantic cod was the first major export that helped strengthen Colonial America's economy and pave a revolutionary path toward independence from England. 17th century cod fisherman were among the first early Americans to amass wealth completely unconnected to the British Crown. But long before that it was an integral part of many Native Americans' diets at a pre-colonial point in time where the length and weight of one cod might exceed six feet or 200 lbs!

With its vast abundance and low fat content, cod was perfect for salting and drying. Salt cod was a mainstay of the transatlantic trade, and became one of the primary economical ways to sustain vast numbers of enslaved West Africans working the Caribbean sugar plantations. Centuries later it endures as a key ingredient in many Caribbean dishes. In Jamaica cod fish cakes were an original fast food prepared by people transplanted from West Africa. Made from ubiquitous staples of salt fish, mixed with herbs, spices and peppers it was often called "stamp and go" (likely from a British Navy saying "I, stamp and go I", which means to hurry up and do something quickly.

Today's cod cake using fresh cod is more of a North American version akin to the Chesapeake Bay crab cake. With its unique history spanning the Americas, plus the timeliness of the first person of Jamaican heritage to hold high office in the United States, it seemed the perfect dish to highlight from today's menu.



Tonya Hopkins "The Food Griot" -

Sharing Savory True Stories on the Makings of American Cuisine

Web: thefoodgriot.com

Instagram, Twitter, Facebook: @TheFoodGriot