



Codfish balls

15'
Hands on

5'
Cook Time

12-14
Portion(s)

1
Difficulty



Method

Photo credit: G. Drakopoulos

- Beat the rusks, barley and aromatics in a blender, until they resemble coarse crumbs.
- Add the codfish and the egg white (right before we start cooking). Beat to combine.
- Transfer mixture to a [bowl](#).
- Mold into 5 cm balls.
- Heat the oil in a deep [pan](#). Add the codfish balls and fry until crispy and golden brown. Remove from pan and strain excess oil on paper towels.
- Serve with finely chopped dill.

Tip

Watch [here](#) how to desalt cod!

Ingredients

- 100 g rusk
- 2 clove(s) of garlic
- 1 teaspoon(s) cumin
- 1/4 teaspoon(s) ginger, powder
- 500 g cod, desalted and pat dry
- 1 egg white
- olive oil, for frying

To serve

- dill, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

62 Calories (kcal)	1.4 Total Fat (g)	0.0 Saturated Fat (g)	4.3 Total Carbs (g)
3%	2%	0%	2%
0.5 Sugars (g)	7.2 Protein (g)	1.5 Fibre (g)	0.0 Sodium (g)
1%	14%	6%	0%