

Sheepshead & Scallop Cakes

This is a great tasting and easy recipe using sheepshead and scallops. It's very similar to crab cakes. We mince the fish and scallops then mix them with Dijon mustard, sour cream, lemon juice, Texas Pete hot sauce and eggs. Then add just enough bread crumbs to hold the mixture together so you can make 1" thick cakes. Before we begin on the cakes, we started a pot of Saffron Rice and let it simmer until done. While we were finishing the cake off in the oven, the Horseradish Cream Sauce was prepared.

This is the finished dish.....



Sheepshead-Scallop Cakes

- 3 Sheepshead Fillets
- 2 cups Bay Scallops
- 1/2 Sweet Onion, Grated
- 2 Celery Stalks, Pealed and Grated
- 1 TBS Dijon Mustard
- 2 TBS Sour Cream
- 2 tsp Texas Pete Hot Sauce
- 1 tsp Lemon Juice, Fresh
- 2 Eggs
- Bread Crumb



Dice the fillet into small pieces and then do the same with the scallops.



Combine the sheepshead and the scallops into a bowl.

Add the rest of the ingredients except the bread crumbs. Combine all until smooth. Add just enough bread crumbs, 1/4 cup at a time, until the mixture begins to hold together and it will allow you to shape a hand full. Make cake about 1" thick.



You can probably get 4 cake out of the mixture.

In a pan over medium heat, heat about a tablespoon of oil just to the smoking point. Add the cakes and cook about 2 minutes per side, until the brown slightly on top.



Finish the cake off in an oven pre-heated to 350°F for about 14 minute. Plate the cake over saffron rice and top the cakes with horseradish cream sauce.



Saffron Rice

- 1/2 Onion, minced
- 1 Clove Garlic, minced
- 1 TBS Butter
- 1 Cup Rice
- 2 Cups Chicken Broth (or water)

Melt butter in a pot over medium heat and sweat the onions until translucent. Add the garlic and sauté for a minute. Add the rice and coat with the onion mixture. Add the broth and bring to a boil. Reduce the heat to a simmer, cover and cook for about 20 minutes. Stir a couple of time.

Horseradish Cream Sauce

- 1 TBS Powdered Horseradish
- 1 1/2 TBS Cold Water
- 1/2 Cup Sour Cream
- 1 TBS Lemon Juice, Fresh
- 1 TBS Honey

Mix the horseradish and the water to form a paste.



Let stand for 5 minutes. Add the rest of the ingredients and combine into a smooth mixture.