

# Recipes from the Working Waterfront Festival



## Fresh New Bedford Cod, Stuffed and Baked

Contributed by Mary Lou Garrett

Yield: four servings

Prep time: 15 minutes

Total time: 45 minutes

### Ingredients

- 1 ¼ - 1½ LB fresh New Bedford cod fillets
- 1 tube plus 12 Ritz crackers, crushed with rolling pin
- 1 stick (¼ lb) butter or margarine, melted
- ½ tsp garlic powder
- ½ tsp black pepper
- ½ cup snipped fresh parsley
- 1 greased, shallow baking dish, large enough for fillets to lay flat

### Directions

Wash and dry fillets on paper towel. Place fish in baking dish, keeping thickness as uniform as possible.

Mix together cracker crumbs, butter, garlic powder, black pepper, and parsley with fork in mixing bowl. Spread mixture over fillets.

Bake at 350 ° F for about 30 minutes or until fish in center of dish flakes easily when tested with a fork. Do not overcook!

*Mary Lou Garrett has been eating fish all her life. While her own heritage is English/Yankee, her husband's family comes from Nova Scotia. She has been a member of the Ladies Branch of the Port Society since the 1970s and contributed five recipes to their cookbook [Recipes from Land and Sea](#).*