

# The Salty Cod Fish Market



by Kim  
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Living in the South Coast area, we are lucky enough to have many choices when it comes to fresh seafood. One of my favorite seafood markets is the Salty Cod Fish Market, located at 1500 Cove Road in New Bedford. The Salty Cod is your one-stop place for fresh, affordable fish and friendly customer service.

Salty Cod is a fish market that has recently opened in the South End of New Bedford. After witnessing the success Kyler's Seafood and The Fishermen's Market has had, Salty Cod decided to get in on the action, and they were certainly up for the challenge.

My taste buds warmed up quickly to my first catch, something as simple as salmon fillets. The richness and bold flavor of the fish was to die for. The staff there is very congenial, and they happily advised me on the best ways to cook and serve the fish. The man who assisted me commented on salmon's "dessert-like effect," and told me how one can efficiently buy the correct amount of fish to satisfy guests' pallets.

✖ Since learning about this homey market, on subsequent visits I have gone back to the salmon, and experimented with a Portuguese fish called Boca Head. This white fish was presented in its own skin, so-to-speak; the fish was cleaned, cut, and packaged at the counter, googly eyes and all! The quality and freshness of Salty Cod's fish was established right then and there.

Most recently I purchased one of their stuffed quahogs. The balance of spice and richness in their hearty stuffing was enough to satisfy my empty stomach and my quest for a satisfying taste. The stuffing was unique, especially when compared to the typical quahog that can be found in local supermarkets. The whole pieces of seafood in the quahogs were a special treat that created a more filling appetizer. They are priced at \$2.50 a piece, but their size and taste justify the expense.

You may be heading into these summer months looking for some healthy, light meals that can be created in little time, with little heat and little fuss! Here is a tip that might answer your call: For about \$5 per pound, Salty Cod offers basic white fish, such as haddock, cod, and tilapia that you can easily cook at home.



Cod, and all the ingredients you'll need for some great fish tacos.

Since the grill is the favored cooking tool at this time of year, grill the fish for a summer-type taco. Fish tacos have a light-yet-bold enough flavor that results in a delicious meal. Add in some lime, shredded cabbage or iceberg lettuce, with some onions, and fresh-diced tomatoes.

To add a fruit flavor to your corn or flour tortillas, add freshly sliced mango and/or pineapple to create a fresh salsa. Spritz the open-faced taco with some lime juice from a fresh lime and serve with simple sides to create a fun patio dinner

for friends and family, or treat yourself to a solo night of dining under the stars.

If you are not one to stare a fish in the eyes, then perhaps you may be interested in trying this local flavor next door at the Salty Cod Restaurant. Their menu is rather simple, yet they meet the demand of being served fresh seafood. They have a well-balanced menu that incorporates chicken, as well as some vegetarian choices. I can speak for their Seafood Chowder. This basic dish brings forth a crisp flavor in its spicy array of seafood, potatoes, cooked tomatoes, and celery in a clear broth. Try this one for yourself and stand up to the test of New Bedford's finest fishing port in the nation. We are lucky to live in an area where we have a choice of seafood, and The Salty Cod is a great one!

Bon Appetite, or as the Portuguese might say: "Divirta se!"