

Wicked Good Crusted Cod

Meet the Chef

Martha Charles-Murray, is the founder and CEO of Martha & Sons Kitchen. MSK was established in 2011 and has full catering home services. They provide a multicultural menu to their customers, as well as specialty cakes. Martha is a single mom of two handsome boys, Joshua and Jordan, and hails from the island of Trinidad & Tobago. She grew up watching her aunt cook and bake traditional foods of Trinidad. Martha believes her Aunt's strong will and determination is what made her the chef and woman she is today. When Martha arrived in the United States, she began her senior year of high school uncertain of where life would lead. After a potluck that was held when Martha was in high school, people suggested that she go to culinary school. Martha had no idea what culinary arts meant, but after some research, she decided to attend Johnson & Wales University in Rhode Island.



Chef Martha Murray

In 2011, after the birth of her son Jordan, she decided that her culinary talents were needed in her community. In 2019, she decided that Martha & Sons Kitchen, better known as MSK, had to come to life. With the support of her family, she has been able to make an impression on her community providing service through festivals, and those in need. She looks at her sons and feels an obligation to share her culture with her community in order to leave a legacy for them.



The Recipe

Ingredients:

- 3-4 pieces of cod fillet
- 2 tsp Old Bay seasoning
- 1 Tbsp vegetable oil
- 2 Cups crumbled Ritz crackers
- ½ Cup breadcrumbs / panko crumbs
- 2 Tbsp dry parsley flakes
- 1 Tbsp dry oregano
- 4 oz butter (melted)
- 2 tsp dry parsley
- 1 tsp dry oregano
- 1 Tbsp granulated garlic or garlic powder



Directions:

Wash, pat dry then season the fish with oil and old bay seasoning, then set aside or in the refrigerator. Combine the Ritz, breadcrumbs, parsley and oregano in a medium bowl and blend them up well.

Add parsley, oregano and garlic to melted butter and mix until combined. Place each fish fillet into the melted butter mixture then coat them in the crumbs mixture and then place them on a baking tray lined with parchment paper.

Bake at 375F for 18-20 minutes. Enjoy with rice, vegetables or salad.



Recipe courtesy of
Martha Murray.
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