

# the overcast

NEWFOUNDLAND'S  
ARTS & CULTURE  
NEWSPAPER

- HOME / MUSIC / BOOKS / THE ARTS / SHOP TALK & RESTAURANTS / EVENTS /
- BROADCASTS / ABOUT THE OVERCAST / OVERCAST AWARDS / PRINT ISSUES /
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## NOTES FROM THE KITCHEN FLOOR: CATCH A COD, AND USE IT ALL

SEPTEMBER 3, 2014 / LEAVE A COMMENT



### Notes from the Kitchen Floor

by Emily Deming

### Catch a Cod, and Use it All

*"All of me, why not take all of me?" - Billie Holiday, channeling my freshly jigged cod.*

Sometimes, in an effort to stop repeating something, we must dissect it: our bad habits, our romantic idiocies, our clichés, our fish. Unlike a bad relationship, once dissected and properly understood, the

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SEPTEMBER 2014 / ST. JOHN'S / ISSUE 8



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### EVENT LISTINGS

Sep 2014						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

### FOLLOW ALONG ...



majority of fish parts should be kept. There is the fillet; we all know the cheeks and the tongues; the potential of the “britches,” like a delicious slimy prize in the crackerjack box that is the female cod, but there is so much more.

The “ear bones” make beautiful trinkets and are little organic flash drives of data to biologists. The liver isn’t just for rotting in a barrel and selling to health nerds as brain candy. You can smoke it and eat it like an old badass, or take a bite of it, still practically living, right from the fish you just caught — your skin and your brain enhancing on the spot as you chew through the fresh, slightly dish-soapy taste in your now super-heroed mouth.

The “nape” is a delicacy with slightly broader appeal. The belly, like tuna belly (oh, otoro) is fatty and addictive. The “sound” or swim bladder is my current favourite, and is (in the truest spirit of this column) best eaten at one am, sitting by the stove, covered in the guts of fish you caught and cleaned. I added a dusting of flour and fried mine in butter (fuck off, purists, I didn’t HAVE any scrunchions). It puffs up like a fairy air mattress from a thin floppy piece of flesh into a chewy, rippled slab of midnight snack. And, lastly, because the cod serves us with both grace and with humour, you can, literally, eat the face off of it. Splay it out, and fry it up. It will melt off of its mouth and into yours. With any bones, tails, eyeballs or heads left, you can make beautiful broth.

If you have yet to go fishing, you still have a chance. The food fishery opens again for one week, September 20-28. If you are lamenting that you never had a dory-dad and you and yours will never know the joy of that pull on the line that signifies supper, there is hope for you yet and, like many delicious things, that hope is brewing in Petty Harbour. A non-profit is being built from the waterline up whose mission is “...the preservation and celebration of traditional fishing knowledge and culture”. *Fishing for Success* hopes to teach all the hungry and adventurous kids among us to fish. Check out their Facebook page for more information or to volunteer. If you need someone to toast this month, please raise a glass to Leo Hearn. Thank him for, two years ago, letting an overly pregnant me begin to learn to fish (and nap) on his boat.

Fishing For Success: (709)740-3474, [info@fishingforsuccess.org](mailto:info@fishingforsuccess.org), [islandrooms.org](http://islandrooms.org)

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### EMILY DEMING

Emily Deming is involved in a love affair with St John's so deep it extends to attending plays, poetry readings, and dance festivals.

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THE PONDERED PINT: TASTING BEER

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ALL THE BUZZ ABOUT LOCAL HONEYBEES

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**This Month's Community Poll**

### POPULAR ARTICLES FROM RECENT PRINT ISSUES

-  **Food-o-Gram: Best of Local Food 2014**
-  **Amy Stoodley's Real-time Chinchid Date**
-  **Best of Local People**
-  **Your Favourite Local Musicians**
-  **Fixed Coffee and Baking: the Kings of Local Coffee Culture**

### POPULAR WEB POSTS THIS WEEK

-  **We Are Hiring Writers, Delivery Drivers, and an Office Sidekick**
-  **Rock Paper Flowers: Independent design and decor for the Pinterest set**
-  **ReCast: August in Politics by Drew Brown**
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The Overcast

1,860 people like The Overcast.

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The image shows a Facebook social plugin for 'The Overcast'. It features the page's profile picture (a stack of three 'overcast' logos), the name 'The Overcast', and a 'Like' button. Below this, it states '1,860 people like The Overcast.' and displays a grid of ten profile pictures of users who have liked the page. At the bottom, there is a small Facebook logo and the text 'Facebook social plugin'.

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## RECENT COMMENTS

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### High Tide

Yes, yes, yes. Today i was wondering what sort of treasure map i would require to find a hot chocolate/mocha/coffee that wasn't timmy's without having... »

### Dia

Don't do the BBO/OTHER wraps. Best sandis in town....HavaJava, you should start making them yourselves (add some peppers/cheese) or stop selling them... »

### Luke

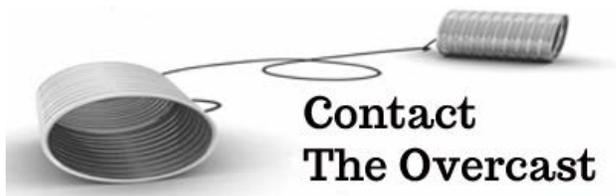
Hey anon, way to hide behind being anonymous! Great Big Sea aren't everyone's cup of tea, and certainly not mine, but they're a success story, in that... »

### Jenn

Can there be a vegetarian/vegan category? Same when voting for the foodie polls. Helpful in finding which places have veggie/vegan options, too! I vol... »

Older »

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