

IL BACCALÀ IN UMIDO CON POMODORI E OLIVE

Braised Baccalà` with tomatoes and olives

INGREDIENTS

500 g already soaked baccalà`
200 g onions, peeled and sliced thinly
100 g plain flour
600 g tomato puree or 1-2 tins chopped tomatoes
40 g extra virgin olive oil
30 g capers, soaked and drained
60 g black olives, stoned
1 tbsp dried olives, stoned
40 g white wine
salt and pepper
parsley, chopped

METHOD

Ensure there are no bones in the fish by rubbing your fingers over the flesh. Remove them with fish tweezers.

1. Cut the fish into 3 cm pieces, keeping the skin attached as this will help the fish keep its shape in the cooking.
2. Finely slice the onion
- 3 Put a deep frypan on the hotplate. Pour in the olive and saute the onion for about 4-5 minutes
4. Remove the onion but leave the oil.
- 5 Quickly dredge the pieces of fish in the flour, shaking off any excess flour
6. Raise the temperature and put in the fish.
- 7 Cook for 1-2 mins per side, turning as soon as they are golden.
8. Pour in the white wine
9. Allow the alcohol to nearly evaporate and lower the temperature. Add the tomato puree.
10. Add the onion back to the pan.
11. Add the olives and the capers.
12. Add the oregano.
- 13 Add the pepper and taste for salt.
- 14 Gently mix.
15. Cover with a lid.
- 16 Allow to cook gently for about 40 minutes.
17. When the fish is tender, add the parsley and serve with bread or polenta.

Note: Keep the sauce quite liquid. If you like, add some sliced chilli to the sauce.

TORTINO DI BACCALA

Serves 8

600 g good white salt cod (soak for 48 hours, changing the water 4-5 times OR buy it ready soaked from Mercato)

45 g butter

1 onion, chopped

2 cloves garlic, sliced

1 carrot, chopped

2 tbsp celery leaves, chopped

200 ml milk or cream

FOR THE TOPPING

500 g peeled potatoes

45 g butter

freshly grated nutmeg

4 tbsp milk

salt and pepper

Preheat the oven to 190C

Put the soaked pieces of cod in a large saucepan of water, skin side up. Bring to the boil then simmer for 20 minutes or until the fish is tender and flaking away from the skin. Drain the fish, allow it to cool a little, then remove all the skin, bones and tough bits and break it into flakes. Meanwhile, prepare the topping.

Boil the potatoes and mash them together with the butter, nutmeg, milk and black pepper and salt.

In a small pan, heat a further 45 g butter and when melted add the chopped onions and fry for 5 minutes. Add the carrot and celery leaves. Cook for 5 minutes or so then add the garlic. Combine this mixture with the fish. Stir in the milk and check for seasoning.

Butter an earthenware oven dish, pour in the fish mixture and cover with the mashed potato. Dot with a little butter. Place the pie in the oven and bake for 30 minutes. The potatoes should be golden brown on top. Serve immediately.