

Espencat



PREP TIME

10 MINS



COOK TIME

25 MINS



TOTAL TIME

35 MINS



SERVES 4 PEOPLE



EASY



Ingredients

2 whole aubergines
4 whole red peppers
1 head of garlic, cut in half and wrapped in foil
200g salt cod loin
Extra virgin olive oil
Few sprigs of thyme
Sea salt to taste

Method

Start by desalting the cod loin 48 hours prior. Wash the salt from the cod loin fillets and place them in a plastic tub, covered with cold water and keep in the refrigerator. You will need to change the water 3 times per day.

Pre-heat your oven to 200°C/400°F/Gas Mark 6.

Place the aubergines and peppers in roasting tin, drizzle with olive oil and roast with the garlic head wrapped in foil for 20 minutes until the skins are black. Transfer the aubergines and peppers into a bowl but keep the roasting juices from the tray, cover with cling film and rest for 5 minutes. This will help you peel their skins easily before cutting into fine strips. Mix the roasted strips with the cooking juices and squeeze the roasted garlic pure from the garlic head.

Place the salt cod loin fillets in a pan with an inch of water, cover and cook gently for 5 minutes, allow to cool down before flaking the fillets. Mix the salt cod flakes with the roasted vegetables, season with salt, freshly chopped thyme and a good drizzle of olive oil. Serve with toasted bread and a chilled glass of sparkling cava.