BASCO
GOURMET SPAIN TO YOUR DOOR

Bacalao Al Pil Pil Recipe



PREP TIME
10 MINS

COOK TIME
20 MINS

TOTAL TIME
30 MINS

SERVES 4 PEOPLE

EASY

Ingredients

4 salt cod fillets, weighing 200g each
500ml extra virgin olive oil 1?
4 large cloves of garlic, peeled and thinly sliced
4 parsley stalks
1 guindilla or dried long chillie, thinly sliced

Method

Before hand, you will need to desalt the salt cod by placing it in a bowl and covering it with water for 48 hours and changing the water three times per day. This will remove all the salt crust in which the fish fillets have been covered.

Make sure you remove any bones off the cod fillets with the help of a pair of tweezers by running your finger across the flesh and check that all pieces are clean of any scales left on the skin. Pat dry well with a tea towel and place in a large round earth ware dish, skin side up.

In a large earthenware pan, warm the garlic slices in the oil, when they begin to colour, remove from the heat and throw in the parsley stalks and dried guindilla chilli slices.

Strain the oil onto the salt cod, lifting the fillets so the oil goes underneath them. Place the dish on a low heat and start to warm up. When u can see that the bacalao begins to release its natural gelatine from its flesh, allow it to cool down slightly by moving off the heat and begin to move the dish anti clockwise to allow the oil to emulsify with the cod's gelatine. Warm the dish again on low heat and with a wooden spatula, press lightly on the salt cod fillets so the oils are released and helps thicken the sauce.

Remove from the heat, allow the bacalao to cool down slightly and give the dish some last movements to ensure the sauce is blended well.

Add the garlic slices and guindilla chilli. Lift carefully and serve immediately flesh side up.