

Trio di Baccalà

Buy a whole side of deboned salted cod (baccalà) without the skin (about half a kilogram). Rinse salt off an put in water for three days. Change water twice a day. The final weight is 50% more, about 750 grams.

Divide the code into three portions: thicker pieces for insalata, bite size cubes for fritto and uneven bits and pieces for umido

Ingredients for baccalà in umido

- 1/3 of salted Cod
- 2/3 bottle of passata di pomodoro
- extra Virgin olive oil
- one whole clove of garlic
- 1 tsp capers
- Oregano
- handful of pitted. coarsely chopped olive
- Salt and black pepper or pepperoncino

Execution

- Sauté slightly crushed garlic cloves in olive oil
- once the garlic is golden, take out and sauté cod until golden on both sides
- add passata. cook for about 5 minutes
- add capers, olives and oregano
- cook and reduce for 5 more minutes

Ingredients for insalata di baccalà

- 1/3 of the cod
- Extra Virgin olive oil
- lemon
- parsley
- salt and pepper

Execution

- submerge Cod in a pot of cold water. bring gradually to a low boil. cook for a few minutes
- drain and set cod aside to cool down
- arrange cod on a platter, highlighting the big flashy slice
- dress with olive oil lemon salt and pepper and chopped parsley

Ingredients for baccalà fritto cicchetti (can be served as passed around “stuzzichin” on little skewers)

- 1/3 of cod
- Peanut oil
- 00 flower

- salt and pepper
- lemon

Execution

- in a frying pan bring the oil to a temperature of 170 degrees Celsius
- coat cubes of cod in 00 flour. Shake off excess flour
- fry until Golden Brown
- drain in a tray lined with paper towels to absorb excess oil
- serve with salt and pepper and slices of lemon