



INGREDIENTS

5 medium potatoes
1.5 Lbs. desalted cod fish
1 large diced sweet onion
4 minced garlic cloves
¼ cup of olive oil
2 cups of shredded mozzarella
1 ½ cups of heavy cream
½ cup of unsalted butter
½ cup of AP flour
4 cups of homogenized milk
Pinch of nutmeg
Salt & pepper to taste



BACALHAU CON NADAS – PORTUGUESE COD DISH

By Caterina Romano's kitchen

DIRECTIONS

With salted cod fish, start this process three days in advance. Place cod in a pot with enough water to cover it. Refrigerate the pot and every six hours, drain the water and top up again with more freshwater. This process will remove the salt from the cod.

1. Place the cod in a large pan and add the milk. Over medium heat, cook for 10 minutes.
2. Strain the cod and set aside the milk which is now infused with the cod.
3. In a large pot full of salted water, cook the potatoes and onion for 20 minutes.
4. Make the bechamel sauce.
5. Place and melt the butter in a frying pan over medium heat. After the butter melts, add the flour and continue stirring until flour-butter clumps form.
6. Add the reserved and infused milk and gently stir with a hand mixer for approximately 10 minutes until flour lumps disappear. Season with nutmeg, pepper and salt to taste. Beat the mixture until you get a creamy consistency. Remove from the heat and set aside.
7. Peel the potatoes and cut them into cubes. Peel the onions and cut them into slices.
8. In a large skillet over medium-high heat, add the onion and sauté for 5 minutes. Now add the cubed potatoes and cook for another 10 minutes. Add the garlic and cook for less than 1 minutes so as not to burn.
9. Take the cooked cod and cut it into small pieces.
10. In a medium bowl, mix the cream with the mozzarella cheese.
11. Spray your cooking pan with non-stick spray. Add the bechamel sauce and the cod pieces. Stir gently. Add the potatoes, onion and garlic mixture. Top with cream & grated mozzarella mixture.
12. Place it in a preheated oven of 375 DF and bake for 25-30 minutes. Remove for oven when this cod dish looks golden at the top.

ENJOY THIS FABOLOUS COD DISH