



Cod Salad with cauliflowers and pickled vegetables



2 servings



15 minutes

INGREDIENTS

- 5-6 servings
- 1 curly endive
- 1 cauliflower
- 400g of soaked cod
- 100 g green olive
- 100 g pickled peppers
- 100 g pickled vegetables
- 100 g capers
- 7 salted anchovies
- vine vinegar
- salt
- pepper

METHOD

1. Prepare the salad by dividing the cauliflower into florets and boil them for about ten minutes so that they remain crunchy.
2. Cook the cod already soaked in boiling water for about ten minutes, then drain and flake it.
3. Desalt the capers and anchovies and cut the latter into small pieces.
4. In a salad bowl, combine the cauliflower with the cod, the capers, the anchovies, the clean and chopped endive, the pickles, the green olives and the pepperoni.
5. Season with olive oil, vinegar, salt and pepper. Serve the salad.

NOTES

This salad is a typical campanian starter, usually prepared in the period of christmas in italian is called "insalata di rinforzo" which literally means reinforcement salad, also if in the typical meal of christmas in Campania there is so many food that you don't need this salad too.



cod fish in the garden



4 servings



40 minutes

INGREDIENTS

- 360 g, cod fillet
- 150 ml extra virgin olive oil
- 150 g. asparagus tips
- an onion
- 100 g. of potatoes

DIRECTIONS

1. first you need to prepare the cod, putting the oil in a pan, bring it to a temperature of 75°, then put the cod and let it cook.
2. when it takes on a golden color we can remove it from the fire.
3. to prepare the parmantier you have to cut the tips of the asparagus, and then cut the potatoes into small chunks, then boil them in salted water.
4. meanwhile chop an onion and fry it in the oil then add the potatoes and asparagus, cover with water and bring to the boil when a little water evaporates blend with the blender
5. lastly plating: choosing a dish to your liking, put a little parmantier on top, place the cod fillet and decorate to your liking

NOTES

this dish is really simple to prepare and very delicious, we can consider it a second course, we advise you to prepare it for your friends or relatives to leave them amazed.

potato and cod fish bruschetta

INGREDIENTS

PORTION FOR 6 PEOPLE



Potatoes 400g

chives

salt taste

oil to tast

onion 200g

black paper to taste

cherry tomatoes 300g

cod fish 500g

METHOD

FIRST OF OLL , THE POTATOES ARE BOILED AND MASHED ,THEN WHIT PASTRY RINGS AND GIVE THEM A CRUNCHY FINISH ,THE CHERRY TOMATOES ARE CUT AND OREGANO . LASTLY ,THE COD IS SEARED IN THE POT AND BROKED INTO PIECES ,AFTER WHICH THE CERRY TOMATOES AND COD ARE PLACED ON TOP OF THE POTATOES CRUST

Nicolò&Jesus Matos

Cod with cherry tomatoes



4 servings



40 minutes



INGREDIENTS

800 g of cod already soaked

300 g of cherry tomatoes

1 clove of garlic

fresh parsley

olive oil to taste

Salt to taste

METHOD

1. First wash the cherry tomatoes and cook them in a pan for 20 minutes with oil, salt and garlic.
2. Add the desalted and soaked cod cut into chunks and cook for 20 minutes,
3. adding salt only at the end. serve with chopped parsley and lemon

NOTES

Cod with cherry tomatoes is a simple but very tasty fish appetizer, the tomatoes create a really good sauce that goes well when served



cod fritters with chive sauce



4 servings



55 minutes

INGREDIENTS

600 grams of cod fillets

200 grams of breadcrumbs

2 eggs

parsley

1 clove of garlic

2 tablespoons grated Parmesan cheese

salt

pepper

seed oil for frying

3 tbs chives

1 onion

1 tbs all purpose flour

½ cup whole milk

2 tbd yogurt 2

15 g butter

Salt to taste

DIRECTIONS

Finely chop garlic and parsley.

1

Crumble the cod fillets and mix them with the half of the breadcrumbs.

2

Put all the ingredients (fish and breadcrumbs mixture, eggs, garlic, parsley, parmesan and a little salt) in a bowl and mix well.

3

With wet hands, start making the meatballs and once finished, pass them in the remaining breadcrumbs.

4

Heat the oil in a pan and fry the meatballs turning occasionally until they are golden brown, then drain them from the oil with a skimmer and place them on paper towels to remove excess oil.

5

The cod balls are ready: arrange them on a serving plate and serve hot.

Stirring with a wooden spoon or a whisk, dilute the flour and then, little by little as for the béchamel sauce, pour the milk.

Season with nutmeg, salt, pepper and bring to a boil letting it cook for 5 minutes. Turn off and mix the chopped chives and yogurt with the sauce.



Polenta Croutons with cod



4 servings



45 minutes

INGREDIENTS

- 300 g. Polenta
- 250 g. cod fillets
- 15 pitted black olives
- 1 clove of garlic
- 200 g. cherry tomatoes
- 1 tbs of capers
- a few sprigs of fresh oregano or basil
- 4 tbs of rice flour
- 2 tablespoons of extra virgin olive oil
- salt and pepper to taste

DIRECTIONS

- 1 Put the polenta in a baking dish and level it well until it becomes regular and smooth; put it in a preheated oven (180°C) and cook for about 10 minutes.
- 2 while the polenta is cooling down, cut the cod into chunks and cook them in a pan with a little oil and a clove of garlic
- 3 when the cod is cooked, turn off the heat and put the lid on the pan to keep the heat inside
- 4 wash the cherry tomatoes, cut them into wedges and season with oil, pepper, salt, oregano and basil
- 5 Cut the pitted black olives into slices and add to the tomatoes together with the capers, mixing everything well
- 6 When the polenta is completely cold, make some rectangular cut-outs
- 7 Heat a non-stick plate and place the pieces of polenta on it, grilling them for a few seconds on each side until golden brown
- 8 take a serving dish and arrange the pieces of grilled polenta, placing the cod, which is still warm, cherry tomatoes and olives on top



Codfish



2 servings



15 minutes

INGREDIENTS

Cod fish

potatoes

Onions

Eggs

Salt

Oil

olives

Method

- fillet the Cod fish and finely cut the potatoes
- cut the onions, put in a pan with warm oil and brown them
- add the cod fillets and the potatoes and cook for about 5 minutes
- in the meantime, crack the eggs in a bowl and beat them
- when the cod is nearly cood, add the eggs in the pan and stir; season with salt and pepper and add the olives as a topping