

BACALLA

RECIPES

BACCALA BOLLITO DI AGLIO, OLIO
BACCALA CON I PORRI
BACCALA WITH CAPITONE SAUCE
BACCALA' FLORENTINE
BACCALA ALLA VICENTINO
BACALLA ALLA BOLOGNESE
PESCESTOCCO ALLA MESSINESE
BACCALA STEW
BACCALA FRITTO
BACCALA DI NAPOLI
CREAMED BACCALA
BACCALA ALLA LIVORNESE
BACALLA A'LOCANDIERA
BACCALA MANTECATO

BACCALA BOLLITO DI AGLIO, OLIO

2 ¼ pounds dried salt cod, soaked in cold water for 24 hours

After soaking 24 hours, at room temperature, the cod should be soft. Drain and rinse. Place the fish into a large saucepan of cold water and bring it to a simmer. Let simmer for 10 minutes. Watch the time here...any longer and the fish will become tough. Remove from the heat and allow it to cool to tepid (don't refrigerate during this process).

4 garlic cloves, crushed

½ cup plus 1 tablespoon finely chopped parsley

6 Tbsp freshly squeezed lemon juice

¾ cup plus 1 Tbsp olive oil

¾ tsp. hot red pepper flakes

salt to taste

parsley sprigs for garnish

Mix together the garlic, parsley, and lemon juice. Using a whisk, beat as you add the oil to the garlic mixture...do so very slowly. Last, add the pepper flakes and the salt to taste. To serve, peel the cod and cut it into pieces. Arrange it on a platter and garnish with parsley. Serve the sauce in a sauceboat.

BACCALA CON I PORRI

1 salt cod-refreshed in water

3 large leeks-chopped

2 large tomatoes-peeled, and seeded

olive oil

flour
salt, and pepper

cut the salt cod in pieces, flour, and fry in oil/ in a separate skillet heat oil and brown the leeks/ add the fish to the leeks along with the tomatoe, and salt and pepper/ add a bit more oil, and cook a while longer.

BACCALA WITH CAPITONE SAUCE

1 1/2 lbs. salt cod-soaked
1 bunch Italian parsley-chopped
1 bunch basil-chopped
1 clove garlic-chopped
Pepper
1/3 cup olive oil

Preheat oven to 375 F. Wash cod completely, and Cut into 1-inch pieces/ mix the parsley, basil, garlic, and pepper/ place fillets in a single layer in pan/ Barely cover with water/ cook for 2 to 3 minutes/ Place cod in oiled baking pan/ Cover with thin layer of Capitone sauce, and bake for 30 minutes/ In another pan, warm remaining Capitone sauce, pour sauce over fish, sprinkle with parsley

CAPITONE SAUCE

1 pound canned Italian plum tomatoes
3 cloves garlic-chopped
1/2 cup onions-sliced
1 to 2 tablespoons olive oil
1 teaspoon dried basil
2 tablespoons Italian parsley-chopped
Juice of 1/2 lemon
1/4 cup almonds-chopped
1/4 cup hazelnuts-chopped 1/4 cup walnuts, chopped
1/2 cup pignoli
2 heaping tablespoons raisins
2 bay leaves
1 teaspoon hot pepper flakes

Put tomatoes through a processor until they are liquefied but still chunky/ Saute garlic and onions in olive oil until translucent/ Add tomatoes, basil, parsley, lemon juice, nuts, raisins, bay leaves, and hot pepper flakes/ simmer on a very low flame for an hour.

BACCALA` FLORENTINE

2 lbs. of salt cod-soaked in water at least 24 hours
2 cloves of garlic-chopped

3 tbs. of tomatoe paste
1 tsp. of capers
1/2 cup of olive oil
1/2 cup of flour
1 cup of warm water
pinch of pepper

cut fish into 4 inch pieces, and roll in flour/heat oil in a skillet, and brown garlic/fry fish on both sides until light brown/sprinkle lightly with pepper/mix tomatoe paste with warm water/stir in capers, and pour over fish/simmer about 10 minutes

BACCALA ALLA VICENTINO

1 lb Salt cod-soaked for 24-48hrs.-skinned and boned
2 Fresh anchovies-skinned,and boned(unsalted)
3 cloves of Garlic-chopped
1 1/2 cups of onions-sliced
1/4 cup of parmesan cheese-grated
1 cup of milk
2 cups of olive oil
pepper

heat oil in a skillet/saute onion til translucent/ In a bowl, mix the parsley, garlic and anchovies/ spread some of the mixture on each piece of fish, sprinkle with cheese and roll up/ Slice rolls into pieces about 1 1/2 inches wide and coat in flour mixed with a little cheese and pepper/ Shake off excess /Place fish bits in an oiled shallow roasting pan and cover with sauted onions/ Season with pepper, add milk and bake in oven preheated to 275 degrees for 4 hours/ turn fish occasionally and add oil if necessary/ Remove from oven, top with more parsley and serve immediately.

BACALLA ALLA BOLOGNESE

1 3/4 lb.salt cod-soaked in water 48 hours
2 Cloves garlic- minced
Flour- for dredging
3 tbs.parsley - minced
4 tbs. Butter
Salt and pepper
2 tbs. Olive oil
juice of one lemon

Rinse and dry the fish and cut it into 2-inch chunks/ Dredge the fish in the flour, shaking off the excess/ In a large skillet, heat 2 Tbl of the butter and the olive oil/ Add the fish pieces and brown them well on all sides over medium-high heat/ Sprinkle the fish with the minced garlic and parsley and stir gently/ Cut the remaining 2 Tbl butter into bits and add it to the pan/ Sprinkle the fish with salt and pepper and pour over the lemon juice.

PESCESTOCCO ALLA MESSINESE

This classic bacalla dish includes potatoes and green olives, found in many sicilian dishes

2 lbs of bacalla (soaked, cleaned & deboned)

1 cup of olive oil

2 med onions - sliced

2 celery stalks - sliced

4 tomatoes - peeled, seeded and chopped

1 lb potatoes - peeled

10 green olives - pitted

2 tbls capers

2 tbls pignoli nuts

4 tbls raisins

Heat the oil in a deep skillet or sauce pan/saute the onions & celery and cook till softened/add the tomatoes and 1/2 cup of warm water/bring to a slow simmer/cut the bacalla into fairly large uniform pieces/cut potatoes into quarters/add the bacalla, potatoes, and the rest of the ingredients to the pot & simmer for 30-40 minutes

BACCALA STEW

*2 lbs. of salt cod-soaked, and cut into 2 inch pieces
flour*

1/3 cup of olive oil

3 garlic cloves-crushed

1 can of crushed tomatoes

1/4 cup of parsley

2 tbls. of raisins

2 tbls. of pignoli nuts

salt, and pepper

heat oil in a deep skillet/dredge fish in flour, and fry until golden on both sides/when all the fish has been fried, and set aside simmer the garlic in the same pan/when the garlic has browned add the tomatoes,parsley,raisins,pignoli nuts and salt, and pepper,and cook for 15 minutes/add the baccala`, and cook an additional 15 minutes/

BACCALA FRITTO

*1-2 lbs. of salt cod-soaked
flour*

oil for frying

1/2 cup of olive oil

juice of 2 lemons

1/4 cup of parsley-chopped

salt, and pepper

4 eggs

3 tbs. of flour
salt, and pepper

prepare a marinade of oil, lemon juice, salt, and pepper/cut baccala into 2 inch pieces, and marinate for 3 hours/prepare batter by beating eggs together with 3 tbs. of flour, salt, and pepper/heat oil in a deep skillet/dredge fish in flour, and dip into batter/fry until golden on both sides.

BACCALA DI NAPOLI

2 lbs. or so of dried salt cod
Flour - for dredging
1/4 cup olive oil
1 celery stalk - sliced
2 garlic cloves - crushed
1 cup of water
1 tbs of tomato paste
1 tsp of capers
10 sliced black olives

Soak baccala in water 2-3 days changing water every 8 hours/pat fish dry and cut into 1 inch cubes/dredge fish in flour, and set aside/heat olive oil and saute garlic and celery until celery is tender/brown fish quickly in oil (do not overcook)/remove fish and set aside/add water, tomatoe paste, capers & olives and simmer about 10 minutes being sure to stir paste into the water/place fish in baking dish and pour sauce over the fish/place in pre-heated 350 degree oven for 20 minutes.

CREAMED BACCALA

2 lbs. of salt cod-skinned, boned, and soaked for 48 hrs.
2 garlic cloves-minced
1 tbs. of parsley-chopped
olive oil
salt, and pepper

place baccala in a large pan, cover with water, and bring to a boil/reduce to simmer, and cook about 10 minutes/drain fish/pound cod to a paste while slowly adding olive oil/add garlic, parsley, salt, and pepper/serve with polenta(see side dishes for recipe)

BACCALA ALLA LIVORNESE

2 lbs. of salt cod-skinned, boned, and soaked for 48 hrs.
1 cup of olive oil

2 garlic cloves-minced
1 tsp. of parsley
flour
1 cup of cooked tomatoe sauce

cut cod into 4 inch pieces/dredge in flour/heat oil in skillet, and saute garlic/add cod and saute til golden/add sauce, and saute about 15 minutes/just before done add parsley

BACALLA A'LOCANDIERA

Translated it means salt cod in the style of the inn keeper.I am not sure where this dish originated.It is certainly a different way of preparing salt cod.

2 lbs. of salt cod-refreshed,and cut into pieces
1 small can of tomato sauce
1 lb. of onions-sliced
1 celery stalk-minced
1 carrot-minced
salt,and pepper

in a small sauce pan put onions,celery,and carrots in about 3 cups of water/add a little bit of oil/simmer about ten minutes/drain reserving both vegetables,and broth/heat a large skillet/add oil/flour the pieces of cod and saute lightly on both sides/ remove cod and keep warm/in same skillet add tomato sauce,1 cup of the reserved broth,salt and pepper/put cod back into skillet,and cook about 20 minutes on medium/add the vegetables,and a tablespoon of butter and cook until sauce thickens/if too thick add a little more broth.

Baccala` Mantecato

1 1/2 - 2 Pounds Dried Salted Cod
1 Carrot, Chopped
1 Celery Stalk, Chopped
1 Small Onion, Chopped
3 Anchovy Fillets, Chopped
1 Garlic Clove, Chopped
1 Cup Milk Warmed
1 Cup Extra Virgin Olive Oil
Pepper
Fresh Chopped Parsley To Serve

Place the dried cod in a large bowl, and cover with water. Cover the bowl and place in the refrigerator for a minimum of two days, changing the water three times each day to remove the salt. Bring a large pot of water to boil, and add the celery, carrot and onion. Drain the cod, and add it to the pan. Cook until tender, between 8-10 mnutes. Drain. While still warm, remove any bones. Keep the skin which helps add additional flavor. Tear the flesh into pieces and add it into the bowl of a table mixer fitted with a paddle. Add the anchovies and garlic, and beat at medium

slow speed, slowly adding alternate thin streams of the oil and milk. Continue in this manner for about 15 to 20 minutes, or until the mixture is creamy smooth. Taste and season with the pepper. Serve sprinkled with some fresh parsley, and a side of grilled polenta