

Bacalao a la Vizcaina Recipe



PREP TIME
10 MINS



COOK TIME
40 MINS



TOTAL TIME
50 MINS



SERVES 4 PEOPLE



EASY



Ingredients

4 fillets of salt cod, weighing 200g each
3 red onions, finely sliced
10 choricro peppers soaked in warm water or 5 tbsp of choricro pepper puree
1 small piece of stale bread, toasted and finely chopped
4 tbsp extra virgin olive oil
100ml fish stock
Fine sea salt

Method

Before hand, you will need to desalt the cod by placing it in a bowl and covering it with water for 48 hours. You will need to change the water three to four times each day. This will remove all the salt from the fish. Make sure you remove any bones from each cod fillet with the help of a pair of tweezers, by running your finger across the flesh and checking that all pieces are clean of any scales left on the skin.

Pat dry the bacalao pieces with a tea towel and place in a shallow pan, skin side up. Cover with water and one tablespoon of the olive oil and warm the water without boiling for a couple of minutes until the bacalao releases its gelatine, you should not cook it through. Remove the bacalao carefully and set aside with some cooking juices to keep it moist, drain the cooking liquor through a fine sieve.

In a medium size sauce pan, heat the rest of the olive oil, add the onions and cook on a gentle heat for 20 minutes until they are very soft.

Remove the choricro peppers from the water, cut lengthways and carefully remove any seeds. Use a spoon to scrape all the flesh from the peppers into a cup.

Once the onions are lightly golden, add the choricro pepper puree, chopped toasted bread and a good ladle of the bacalao cooking juices, stir well and cook on a low heat for fifteen minutes.

Season the sauce with sea salt and place in a food processor or blender. Blend until fully combined, the sauce should have the consistency of a tomato sauce. If you need to thin it down slightly add more cooking liquor or fish stock.

Pour the sauce over the fish and warm the sauce gently for the salt cod to finish cooking in the sauce. Serve immediately.

<https://www.bascofinefoods.com/spanish-recipes/bacalao-a-la-vizcaina-recipe/>