

Cod cooked with garlic



Provincia

León

Ingredients

(for 4 persons)

- 8 pieces of cod.
- Paprika.
- 5 cloves of garlic.
- Olive oil.
- Water.
- Salt.

Preparation method

Put the cod to desalt in water 48 hours before its preparation. Change the water every 24 hours and desalt it in the fridge.

This recipe has many variations; in some restaurants of Valderas, they heat water in a pan and when it starts to boil, the cod is introduced and kept while it starts to boil again. At the same time, put to the heat a clay pot with half a centimeter of olive oil.

The pieces of cod drained and dried with a cloth, are placed, first with the skin upwards and then down in the clay pot with oil. With a dessert spoon sprinkle a little paprika to every slice of cod on top.

In a separate frying pan, fry in olive oil garlic, cut into slices. When browned, add half a tablespoon of paprika and put immediately the cod in the clay pot. The stew is left a few minutes more on the heat and ready to serve. In some of these recipes it is habitual to decorate the dish with boiled egg.