



UNIT 11 / Portugal

Baked Codfish with Mashed Potatoes

Ingredients

(4 servings)

- 500g slices of codfish
- 250ml milk
- 1 clove of garlic
- 2 onions
- 100ml olive oil
- 2 leaves of bay
- 1 kg mashed potatoes
- Breadcrumbs to sprinkle
- Parsley for garnish
- Salt and pepper as needed

For the mayonnaise

- 1 egg
- 1 teaspoon of mustard
- 100ml olive oil
- 1 tablespoon of vinegar
- 100ml sunflower oil
- Salt and pepper as needed

Directions

- **STEP 1** - Put the slices of codfish, milk and chopped garlic in a pot and boil them between 15 and 20 minutes. Turn of the heat. Peel and chop the onions. Put them in a pan with the olive oil and bay leaves and cook them until they are soft. Take 3 spoons of the milk from the codfish broth, add it to the onions, let it boil and add the spices. Turn off the heat.
- **STEP 2** - Heat the oven to 200°C. Drain the codfish and put it in an oven tray and cover it with the onion mixture. Put the mashed potatoes in a pastry bag with a tip and place it around the codfish.
- **STEP 3** - For the mayonnaise: in a deep recipient put the egg and mustard and whisk them. Without stopping whisking, add the olive oil and a tablespoon of vinegar. Add the oil in drops, continuing to whisk, and the remaining vinegar. Whisk everything. Season it with salt and pepper.
- **STEP 4** - Spread the mayonnaise on the codfish. Sprinkle the breadcrumbs and put in the oven to brown.
- **STEP 5** - Garnish with parsley and serve.





**Co-funded by
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