



Recipe from: [My Catholic Tradition](#)

Salt Cod Brandade

SERVES SIX

Ingredients

7 oz salt cod

1 cup extra virgin olive oil

4 garlic cloves, crushed

1 cup double (heavy) or whipping cream

Soak the fish in cold water for 24 hours, changing the water frequently.

Drain the fish well.

Cut the fish into pieces.

Place in a shallow pan and pour in enough cold water to cover.

Heat the water until it is simmering.

Poach the fish for 8 minutes, until it is just cooked.

Drain the fish and then remove the skin and bones.

Combine the extra virgin olive oil and crushed garlic cloves in a small pan and heat gently.

In another pan, heat the double cream until it just starts to simmer.

Put the cod into a food processor, process it briefly.

Gradually add alternate amounts of the garlic-flavored olive oil and cream, while continuing to process the mixture. The aim is to create a purée with the consistency of mashed potato.

Season to taste with freshly ground black pepper.

Scoop the brandade into a serving bowl or on to individual serving plates and serve with crisp bread or crusty bread, or serve the brandade and bread with a tomato and basil salad.