



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SALT COD BRANDADE

Time: 45 minutes (plus overnight soaking)

Serves: 10

Ingredients:

1 pound salt cod
1 pound potatoes – peeled and cubed
1 clove garlic - finely chopped or grated
1 tablespoon fresh lemon juice
¼ teaspoon cayenne pepper
½ cup extra-virgin olive oil

Preparation:

Soak cod in a large bowl of water overnight.

Place potatoes in a large pot and cover with water 2" past the potatoes. Cook on high heat until a boil is reached then, continue to boil for fifteen minutes.

Remove the cod from the soaking water and add it to the potato pot. Cover and let stand for fifteen minutes.

Place the cod, potatoes, garlic, lemon juice and cayenne in a food processor and process until mixed, yet slightly chunky.

Turn on the food processor and drizzle in the olive oil.

Serve warm.

Nutritional Information Per Serving:

Calories: 265
Fat: 12.2g
Carbs: 9.1g
Fibre: 0.8g
Protein: 29.3g