

SALT COD BRANDADE



Preparation : 15 min - **Resting :** 24 hr - **Cooking :** 20 min - **Equipment :** -

Ingredients : 6 personnes

- 1 kg salt cod - 1 onion, quartered - 3 garlic cloves, halved - 200 ml olive oil - 100 - 150ml warm milk - 5 peppercorn blend - 2 pinches nutmeg - juice of 1 lemon

1. Place the salt cod in a large ovenproof dish or salad bowl and cover with coldwater. Soak for 24 hours, changing the water at least 4 times, to remove the salt.
2. Then, rinse the fish under cold running water, cut it in pieces, place in the metalbowl and cover with cold water. Run the EXPERT programme, 15 minutes/speed 0/90 °C.
3. Drain the cooked salt cod, remove the skin and bones; roughly flake the flesh using a fork. Clean the metal bowl, and put the cod into it; add the onion and garlic. Run the EXPERT programme, 5 minutes/speed 12/50 °C. After 1 minute, pour the olive oil through the cap opening, and gradually add the warm milk until the mixture is smooth. Season with pepper but do not add salt.
4. Add the nutmeg and lemon juice. Serve with homemade mashed potatoes (see recipe).

Chef's tip :

For a quicker version, use desalted cod or, simply, cod fillets. Contrary to popular belief, an authentic brandade does not include potatoes. However, there is no reason why it cannot be served with mashed potatoes.

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