



Hola everyone 🙌 Sara here! Thanks so much for booking my experience, I hope you are going to have a great time and learn everything you need to know to successfully make one of my favorite traditional Portuguese dishes at home! If you want you can cook along with me on the day, so I have put together a shopping list of ingredients that you need and the preparation that should be done before the class if you wish to cook along. If you don't want to cook and prefer to sit back, relax and watch on the day, that is fine too! I'm looking forward to seeing you soon in our class.

- Sara Pinto, Devour Tours, Lisbon

## Shopping List

- 400 g (14 oz) of salt cod
- 3 cloves of garlic
- 1 bay leaf
- Olive oil
- 1 medium size onion,
- 2 or 3 medium sized eggs
- 1 packet (approximately 200 g / 7 oz) of crispy potato sticks (or make your own by chopping potatoes into thin matchsticks and frying them until crispy)
- Parsley or coriander (fresh if possible)
- Salt and pepper
- 10 black pitted olives

## Tips on buying the fish:

- **Name:** The salt cod, if not labelled as salt cod, could be labelled as *bacalhau* (Portuguese) *bacalao* (Spanish) or *baccalá* (Italian). It is all the same product.
- **Frozen:** If you buy it frozen (this is the easiest option) it is already desalted. You just need to defrost it and you can begin cooking with it right away without removing the salt (although Sara will demonstrate how this is done in the class).
- **Dried:** If you buy it dry it will either come in small pieces/shredded or as a whole large piece. Ideally you can find it in small pieces - in this case you can remove the salt with Sara during the class. If it is the whole piece the process to remove the salt takes 48 hours. You place it in a big tub of water in the fridge for 48 hours to remove the salt, changing the water to fresh water every 8-12 hours.
- **Alternatives to salt cod:** If you can't find salt cod you could use another salted white fish, fresh haddock or flounder. You could also use shrimp instead of cod, or use vegetables to make a vegetarian option.

## **Preparation Required Before The Class:**

- If you are making your own crispy potato sticks, cut the potato into very thin sticks and fry them until they are golden and crispy.
- Prepare the cod/fish.
  - If it is frozen, defrost it.
  - Once it is ready, shred it into small pieces with your hands.