



Bacalhau à Brás

Ingredients (for 4 people)

- 400 g (14 oz) of shredded salt cod (or another salt white fish, or a fresh white fish such as flounder or haddock)
- 3 cloves of garlic
- 1 bay leaf
- Olive oil
- 1 medium size onion
- 3 or 4 medium sized eggs
- 1 large packet 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 olives (any kind)
- 1 clean towel or napkin (cloth not paper)

Instructions

1. Shredded salt cod is much quicker and easier to desalt than a whole piece of salt cod. So try to find any shredded salt cod. If you don't find salt cod, any white fish works (haddock and flounder are good options).
2. Place the shredded salt cod inside a bowl and cover it with cold water. Squeeze it to remove the salt on it. When the water becomes dirty white, you throw it away and cover again with fresh cold water. Do this process 3 times. It will take roughly 7 to 10 minutes. When finished transfer the cod to a strainer and leave it for 5-10 minutes to drain the water.
3. In a large saucepan over medium or low heat, add olive oil, onion, garlic and bayleaf.
4. While the onion and garlic are cooking make balls of cod roughly the size of a tennis ball and tightly squeeze the balls to remove excess water. Repeat this process until you have squeezed all the water out of all of the balls.
5. Take a clean towel and place the dry cod in the middle. Wrap the cod in the towel and wring it tightly to squeeze as much remaining water as possible.
6. Once the onion and garlic are fragrant and golden, add the cod and cook until it absorbs the oil.
7. Turn the heat down to low, add the potato sticks and stir to combine.
8. In a separate bowl, whisk the eggs and turn the heat down.
9. Add the eggs to the pan gradually, stirring as you go.
10. Continue stirring as the egg scrambles, (it should be slightly runny but not totally raw).

11. Add salt and pepper to taste—remember, the cod and potato sticks already have a lot of salt! You may not want to add salt at all.
12. Transfer to a clay or ceramic dish and top with olives and parsley to serve.