

Salt cod with olives and capers *(Seafood main dishes)*



Preparation

Heat the anchovies and thinly sliced onion in a frying pan with a tablespoon of extra virgin olive oil. When the onion is completely softened and the anchovies are dissolved, stir well with a wooden spoon and add the pieces of salt cod. Let it absorb the flavours for 5 minutes per side. Pour a large glass of dry white wine into the pan, let it bubble away briefly, then remove the cod and set aside in a warm place. Add the capers, black olives and parsley to the frying pan. Let the sauce reduce and develop its flavours, season, then serve the salt cod with plenty of the sauce.

Tips

If you can't do without a dash of colour in your cookery, feel free to add some quartered cherry tomatoes to this recipe

Trivia

Salt cod is known as 'baccalà' in Italy, and has a similar root in many other languages; if simply dried, however, it is known as 'stoccafisso' or 'stockfish'.

Information

Preparation 20 minutes

Total Time 20 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Salted cod 500 grams (Frozen or previously soaked in water)

Onions (Quarter of a white onion)

Anchovies (A few fillets of anchovy in oil)

Black olives (2 tablespoons of black olives)

Capers (A tablespoon of capers in vinegar)

Parsley (A small bunch of fresh parsley)

White wine (Half a glass of white wine)