

Salt cod with polenta *(Seafood main dishes)*



Preparation

Soak the salt cod in fresh water for three days, changing the water every day. Then rinse the fish, remove the skin and all the bones, and then cut it into pieces. Sauté the chopped onion and garlic in a frying pan. Add the cod and continue cooking. After about 15 minutes, add the anchovy fillets and the white wine, cooking for another 20 minutes. Finally, add the tomato paste and a couple of ladles of the water in which the cod was soaked. Adjust the salt if necessary, bring to the boil and then simmer the sauce until reduced to just the right consistency. Separately, prepare a good, slow polenta and serve with the prepared cod. If you wish, add chopped parsley.

Tips

If you want a richer sauce, in addition to the tomato paste you could add a few spoonfuls of tomato passata. Also, if you make large quantities of polenta don't forget to have a decent selection of cheeses to hand!

Trivia

Salt cod, fresh cod, dried cod: three ways of keeping and cooking the same fish!

Information

Preparation 60 minutes

Total Time 45 minutes

Serves X Serves 2 persons

Level of difficulty Difficult

la terra di Puglia



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Ingredients

Salted cod 800 grams (Previously soaked)

Onions (A small piece of white onion)

Garlic 1 clove

Anchovies (3 anchovy fillet)

Wine (Half a glass of white wine)

Tomato paste (A teaspoon of concentrated tomato paste)