

Steamed cod fillets *(Seafood main dishes)*



Preparation

Bring some water to boil in a saucepan, then put a steaming basket with the cod fillets in the saucepan, drizzle with a little oil and lemon juice and sprinkle with a handful of chopped parsley and a pinch of salt. Cover the pan and cook for about 30 minutes. Serve with lemon wedges.

Tips

If after preparing this recipe you have any cod left over, put it in a bowl, add a little water and just enough beer, season with salt and pepper, and make fishballs with your hands - then fry them! Just see how good they are!

Trivia

Did you know that cod is a bit like pig? This is because one should not throw any part of it away. In Norway they even eat the tongue, while in some areas of Africa its head is much sought after! Another curiosity: the name 'baccalà' - meaning 'salt cod' in Italian - comes from the Flemish "kabeljaw", which means "fish sticks", a reference to the fact that dries salted cod becomes hard.

Information

Preparation 30 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

490 (4 frozen cod fillets)

Oil (A little olive oil)

Lemon

Parsley (A handful of parsley)

Salt (A pinch of salt)