

BACCALA (Ling fish)

1. Wash Baccala.
2. Then leave in water for approx. 1 ½ days or until most of salt is gone.
Change water at least 3 times a day.
3. Slice into small pieces.
4. Press into flour and fry until crisp and brown.
Very nice eaten plain like that.

Recipe2:

Put fried cooked pieces of baccala in a fresh tomato sauce.
Add black olives and basil.

Recipe 3 : Baccala Fried Balls

1. Boil a piece of Baccala that has been unsalted.
2. Break into mash and add mashed potato, olive oil, pepper, parmesan cheese and egg yolk and lemon.
Optional: to add chilli flakes.
3. Mix well together.
4. Roll in egg wash then breadcrumbs.
5. Shallow fry.
Delicious served with hot or mild chilli sauce.