

Baccala alla Napoletana



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Recipe by: Laura Vitale

Serves 4-6

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients

- ___ 1-1/2 lb of Baccala also known as Salted Cod
- ___ 1 Small Yellow Onion, thinly sliced
- ___ 3 Russet Potatoes, peeled and thinly sliced
- ___ 2 Tbsp of Extra Virgin Olive Oil
- ___ 1/2 cup of Dry White Wine
- ___ 18 oz can of San Marzano Plum Tomatoes, crushed by hand, plus 1 cup of water
- ___ Handful of Kalamata or Gaeta Olives
- ___ 2 Tbsp of Capers
- ___ Touch of Salt
- ___ Lots of Freshly Ground Black Pepper
- ___ Fresh Chopped Parsley

1) Start by soaking the cod in cold water in a big pot, each day for 3 days, you're going to drain the water and refill it with fresh water, continue doing that for 3 full days then take out, pat dry and cut into 3 inch chunks, set aside.

2) In a large skillet, add the olive oil and onions, saute until tender, deglaze with the wine, reduce for a minute then add in the hand crushed tomatoes, one cup of water, potatoes (in a single layer as best you can) olives and capers, add a generous pinch of freshly ground black pepper, bring to a simmer, cover and cook long enough to cook the potatoes 3/4 of the way through, depending on how thick you slice then, this could take 15 minutes to 30 minutes.

3) Add the cod, nestle it in the sauce, cover and cook on low for 10 minutes until the fish flakes easily. Remove the cod to a plate just so you can taste the potatoes and season with salt accordingly, then add the cod back in, sprinkle with parsley and dive in.

