



## Brandade with Fresh Salted Cod

 **Gluten Free**

READY IN



**52 min.**

SERVINGS



**12**

CALORIES



**118 kcal**

**SIDE DISH**

### Ingredients

- 0.3 pound baking potatoes
- 1 bay leaf
- 1 pinch cayenne pepper
- 0.8 pound cod fresh
- 0.3 cup olive oil extra virgin
- 2 stalks garlic green
- 5 cloves garlic
- 12 servings kosher salt

- 3 cups milk
- 0.5 onion
- 0.5 teaspoons peppercorns
- 1 sprig thyme leaves
- 0.3 pound waxy potatoes

## Equipment

- frying pan
- blender
- mortar and pestle
- slotted spoon
- colander
- potato ricer

## Directions

- Salt the cod very generously with kosher salt.
- Place in a perforated pan or colander and let sit, refrigerated, for 2 days.
- Add the herbs, spices onion and garlic cloves to the milk and heat for 5 minutes, do not let boil.
- Add the cod and poach until tender, around 5 to 7 minutes.
- Gently remove the cod with a slotted spoon.
- Remove any bones and skin. Meanwhile peel and chunk the potatoes. Cook in well-seasoned water or better still, use the milk the fish was poached in. When the potatoes are tender drain, and puree them, either in a ricer or a mixer using the paddle attachment. Pull out 1/3 of the potatoes and add the cod.
- Mix well, at medium speed if using a mixer, drizzling in the olive oil and a bit of the cooking liquid. Keep mixing and adding liquid until the desired consistency is reached. Pound the green garlic or 2 cloves of garlic to a fine paste in a mortar and pestle and stir into the puree.
- For an even more full flavored brandade, pass the onion, garlic, and aromatics through a food mill and stir some of this puree in as well. Taste and adjust the seasoning as needed

# Nutrition Facts

PROTEIN 25.54% FAT 50.57% CARBS 23.89%

## Properties

Glycemic Index:26.56, Glycemic Load:2.68, Inflammation Score:-3, Nutrition Score:5.4795652472455%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 118.25kcal (5.91%), Fat: 6.68g (10.28%), Saturated Fat: 1.81g (11.28%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.65g (2.42%), Sugar: 3.33g (3.69%), Cholesterol: 19.51mg (6.5%), Sodium: 235.01mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.19%), Selenium: 10.86µg (15.52%), Phosphorus: 134.03mg (13.4%), Vitamin B12: 0.59µg (9.79%), Vitamin B6: 0.18mg (8.98%), Potassium: 306.6mg (8.76%), Calcium: 86.75mg (8.68%), Vitamin B2: 0.11mg (6.61%), Vitamin D: 0.93µg (6.17%), Vitamin E: 0.87mg (5.79%), Magnesium: 21.93mg (5.48%), Vitamin B1: 0.08mg (5.09%), Manganese: 0.09mg (4.53%), Vitamin B3: 0.88mg (4.38%), Vitamin K: 3.71µg (3.54%), Vitamin B5: 0.34mg (3.43%), Vitamin C: 2.56mg (3.1%), Zinc: 0.47mg (3.1%), Vitamin A: 120.08IU (2.4%), Copper: 0.04mg (2%), Iron: 0.36mg (1.97%), Fiber: 0.45g (1.81%), Folate: 6.01µg (1.5%)