

Fried Salt Cod

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon sea salt
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 8 servings lemon wedges
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 lb cod boneless skinless rinsed well
- ☐ 1 qt vegetable oil

☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ mortar and pestle
- ☐ tongs

Directions

- ☐ Soak cod in a large bowl with water to cover by 2 inches, chilled, changing water 3 times a day, 1 to 3 days (see cooks' note, below). Chill cod until ready to use.
- ☐ Heat vegetable oil in a 5- to 6-quart heavy pot over moderate heat until it registers 385 to 390°F on thermometer.
- ☐ While oil is heating, whisk together flour, salt, olive oil, water, and parsley in a bowl.
- ☐ Drain cod and pat dry, then cut into 3- by 1/2-inch strips. Working in batches of 4, coat strips in batter, then transfer to oil with tongs and fry, turning, until golden, 1 1/2 to 2 minutes.
- ☐ Transfer to a paper-towel-lined baking sheet to drain. (Return oil to 385 to 390°F between batches.)
- ☐ Sprinkle with sea salt and serve immediately.
- ☐ • Brands of cod differ in their degree of saltiness: A less salty one may need only 1 day of soaking, while another could require up to
- ☐ To test it, simply taste a small piece after 1 day; you want it to be pleasantly salty but not overwhelming. • If your sea salt is very coarse, lightly crush it with a mortar and pestle or the side of a large heavy knife.

Nutrition Facts



 **PROTEIN 11.41%**  **FAT 84.88%**  **CARBS 3.71%**

Properties

Glycemic Index:16.56, Glycemic Load:8.66, Inflammation Score:-7, Nutrition Score:28.172608510308%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1298.93kcal (64.95%), Fat: 123.31g (189.71%), Saturated Fat: 18.81g (117.58%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.62g (4.23%), Sugar: 0.08g (0.09%), Cholesterol: 86.18mg (28.73%), Sodium: 4424.16mg (192.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.58%), Vitamin K: 250.67µg (238.74%), Selenium: 89.22µg (127.45%), Vitamin B12: 5.67µg (94.5%), Vitamin E: 11.82mg (78.77%), Phosphorus: 556.76mg (55.68%), Vitamin B3: 5.2mg (26%), Vitamin B6: 0.5mg (24.96%), Potassium: 856.42mg (24.47%), Magnesium: 80.02mg (20.01%), Vitamin B1: 0.28mg (18.44%), Vitamin D: 2.27µg (15.12%), Iron: 2.31mg (12.84%), Vitamin B2: 0.22mg (12.66%), Folate: 45.73µg (11.43%), Vitamin B5: 1.03mg (10.28%), Calcium: 96.66mg (9.67%), Manganese: 0.14mg (6.97%), Zinc: 1.03mg (6.89%), Copper: 0.13mg (6.41%), Vitamin C: 5.01mg (6.07%), Vitamin A: 237.55IU (4.75%), Fiber: 0.51g (2.05%)