

Salt Cod Dip

READY IN



65 min.

SERVINGS



8

CALORIES



417 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings round buttery crackers for serving
- 4 cloves garlic thinly sliced
- 1 cup heavy cream
- 1 tablespoon juice of lemon fresh
- 0.7 cup olive oil extra-virgin plus more for drizzling
- 8 servings pepper freshly ground
- 2 medium russet potatoes peeled halved
- 0.8 pound cod
- 2 small sprigs thyme leaves

- 2 cups milk whole

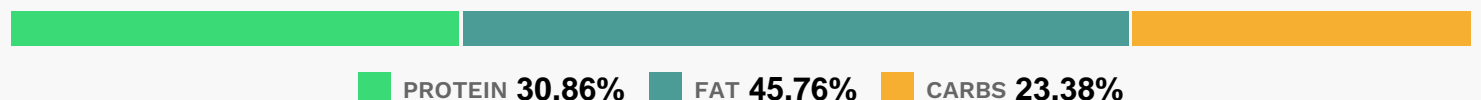
Equipment

- food processor
- bowl
- frying pan
- sauce pan
- potato ricer

Directions

- Soak the cod in cold water in the refrigerator for 24 hours, changing the water 4 times.
- Drain the cod. Put in a saucepan, cover with water and bring to a bare simmer; drain, then repeat with fresh water.
- Drain again, then add the milk and cream to the pan. Bring to a simmer over medium-low heat and cook until the fish is flaky, about 15 minutes. Reserve 1/2 cup of the milk mixture, then drain and coarsely flake the fish.
- Put the potatoes in a saucepan and cover with cold water. Bring to a simmer over medium heat and cook until tender, about 20 minutes; drain.
- Let cool slightly, then press through a ricer or a food mill. Meanwhile, combine the olive oil, garlic, thyme and cloves in a small saucepan; cook over low heat, 5 minutes. Strain the flavored oil and set aside.
- Put the cod, half of the flavored oil, the reserved milk mixture, the lemon juice and 1/2 cup hot water in a food processor; pulse until smooth.
- Add the potatoes and the remaining flavored oil and pulse to combine; season with pepper.
- Transfer to a bowl and drizzle with olive oil.
- Serve warm with crackers.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:28.72, Glycemic Load:8.81, Inflammation Score:-7, Nutrition Score:22.679565471152%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 416.83kcal (20.84%), Fat: 21.08g (32.42%), Saturated Fat: 9.56g (59.76%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 23.07g (8.39%), Sugar: 5.5g (6.11%), Cholesterol: 105.57mg (35.19%), Sodium: 3164.84mg (137.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.95%), Selenium: 66.16µg (94.51%), Vitamin B12: 4.63µg (77.16%), Phosphorus: 558.68mg (55.87%), Vitamin B6: 0.63mg (31.45%), Potassium: 992.54mg (28.36%), Vitamin B3: 4.62mg (23.11%), Magnesium: 82.31mg (20.58%), Calcium: 198.59mg (19.86%), Vitamin D: 2.85µg (18.99%), Vitamin B1: 0.27mg (18.14%), Vitamin B2: 0.31mg (17.97%), Vitamin E: 2.6mg (17.33%), Iron: 2.37mg (13.15%), Vitamin B5: 1.25mg (12.49%), Vitamin A: 608.88IU (12.18%), Vitamin K: 12.62µg (12.02%), Manganese: 0.24mg (11.82%), Zinc: 1.27mg (8.49%), Copper: 0.16mg (8.05%), Folate: 31.35µg (7.84%), Vitamin C: 6.3mg (7.63%), Fiber: 1.16g (4.63%)