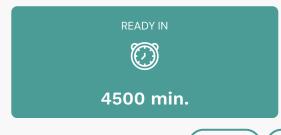
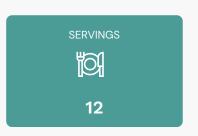
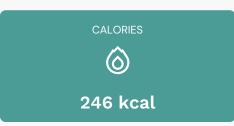


Salt Cod in Tomato Garlic Confit

Gluten Free







LUNCH

MAIN COURSE

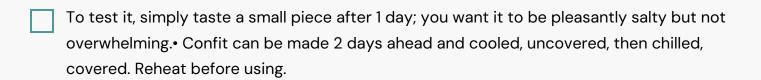
MAIN DISH

DINNER

Ingredients

56 ounce tomatoes diced drained canned
0.3 cup crème fraîche
8 large garlic cloves peeled
6 tablespoons mayonnaise
O.3 cup olive oil extra-virgin
1 pound center-cut salt cod boneless skinless rinsed cut into 11/2-inch pieces well (bacalao)
0.3 teaspoon sugar
1 tablespoon water

Equipment		
	bowl	
	frying pan	
	paper towels	
	sauce pan	
	whisk	
	baking pan	
	broiler	
	spatula	
Diı	rections	
	Cover cod with 2 inches of cold water in a large bowl and soak, chilled, changing water 3 times a day, up to 3 days (see cooks' note, below).	
	Drain cod and transfer to a 3-quart saucepan, then add 6 cups water. Bring just to a simmer and remove from heat. (Cod will just begin to flake; do not boil or it will become tough.) Gently transfer cod with a slotted spatula to a paper-towel-lined plate to drain. Cover with a dampened paper towel and chill while making confit.	
	Cook garlic in oil in a 12-inch heavy skillet over moderately low heat, turning occasionally, until golden, 10 to 15 minutes.	
	Add tomatoes and sugar and cook, stirring frequently, until tomatoes break down into a very thick sauce and oil separates, 45 minutes to 1 hour.	
	Mash garlic cloves into sauce and add salt and pepper to taste.	
	Spread sauce in a 3-quart gratin dish or other flameproof shallow baking dish and arrange fish over sauce.	
	Preheat broiler.	
	Whisk together mayonnaise, crème fraîche, and water and spread over each piece of fish. Broil fish 5 to 6 inches from heat just until mayonnaise mixture is lightly browned, about 2 minutes.	
	• Brands of salt cod differ in their degree of saltiness: A less salty variety may need only 1 day of soaking, while another could require up to	



Nutrition Facts

PROTEIN 41% FAT 48.71% CARBS 10.29%

Properties

Glycemic Index:12.51, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:18.451739249022%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 245.54kcal (12.28%), Fat: 13.24g (20.37%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 4.93g (1.79%), Sugar: 3.46g (3.84%), Cholesterol: 63.22mg (21.07%), Sodium: 2892.94mg (125.78%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 25.08g (50.16%), Selenium: 56.7µg (81%), Vitamin B12: 3.8µg (63.31%), Phosphorus: 392.4mg (39.24%), Vitamin B6: O.5mg (25.04%), Potassium: 816.06mg (23.32%), Vitamin E: 3.09mg (20.58%), Vitamin B3: 3.8mg (18.98%), Vitamin K: 19.12µg (18.21%), Vitamin C: 14.29mg (17.33%), Magnesium: 65.89mg (16.47%), Iron: 2.31mg (12.86%), Vitamin B1: O.17mg (11.1%), Calcium: 110.61mg (11.06%), Vitamin B2: O.18mg (10.3%), Vitamin D: 1.53µg (10.17%), Copper: O.17mg (8.31%), Vitamin B5: O.83mg (8.29%), Manganese: O.16mg (7.76%), Zinc: O.84mg (5.57%), Fiber: 1.37g (5.46%), Folate: 20.73µg (5.18%), Vitamin A: 242.29IU (4.85%)