



Salt Cod in Tomato Garlic Confit

 Gluten Free

READY IN



4500 min.

SERVINGS



12

CALORIES



246 kcal

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
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pound center-cut salt cod boneless skinless rinsed cut into 1 1/2-inch pieces well (bacalao)
- ☐ 0.3 teaspoon sugar
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ broiler
- ☐ spatula

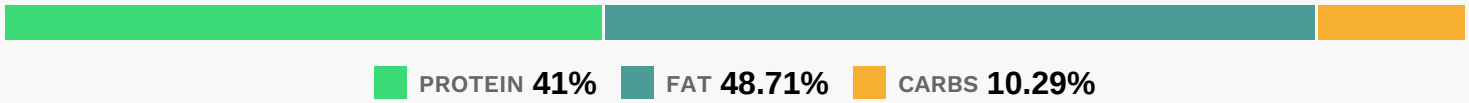
Directions

- ☐ 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

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To test it, simply taste a small piece after 1 day; you want it to be pleasantly salty but not overwhelming. • Confit can be made 2 days ahead and cooled, uncovered, then chilled, covered. Reheat before using.

Nutrition Facts



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 Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.7mg, 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 %: 0% (100%), Protein: 25.08g (50.16%), Selenium: 56.7µg (81%), Vitamin B12: 3.8µg (63.31%), Phosphorus: 392.4mg (39.24%), Vitamin B6: 0.5mg (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: 0.17mg (11.1%), Calcium: 110.61mg (11.06%), Vitamin B2: 0.18mg (10.3%), Vitamin D: 1.53µg (10.17%), Copper: 0.17mg (8.31%), Vitamin B5: 0.83mg (8.29%), Manganese: 0.16mg (7.76%), Zinc: 0.84mg (5.57%), Fiber: 1.37g (5.46%), Folate: 20.73µg (5.18%), Vitamin A: 242.29IU (4.85%)