

## Bacalhau com Natas:



### Original Portuguese Transcript:

[Ingredientes:]

Natas dois pacotes

Bacalhau 4 postas

Batatas 1 quilo

Cebolas [2]

Azeite 5 decilitros

Leite 1 dl

[Pimenta ao gosto]

[Direções:]

Coze-se as batatas e o bacalhau. [Em água ou leite] Refoga-se a cebola [até ficar dourada] junta-se o bacalhau já desfiado e sem espinhas e refoge-se. Junta-se um pouco do leite, natas, pimenta, e batatas aos quadrados [opcional – levemente fritas]. Vai ao forno [200C aproximadamente 15 minutos ou até ficar douradinho.]

### English translation [with notes & suggestions]:

Bacalhau com natas (salted cod w/ cream)

Serves ~8 people

Ingredients:

1.5 cups of heavy whipping cream

4 fillets of salted cod\* [that has been soaking in water for 2 days/overnight; change water at least 2 times]

1kg (~2lb) of potatoes

Onions [2 recommended]

5 deciliters (~2 cups) [1 cup recommended] of olive oil [for sautéing onions & cod mixture; add more if necessary]

Black pepper to taste

[Optional: parmesan cheese to sprinkle over top]

\*Salted cod is cod that has been cured & preserved in salt for months. It is common in Portugal, but harder to find in the US. You can buy salted cod at specialty Portuguese supermarkets, and less frequently in some grocery stores, but you can also order it online. A simple google search for salted cod will take you to various sites where you can order it, likely Canadian caught.

Directions:

[Preheat oven to 200°C (~392°F)]

Boil potatoes and cod fish until done [optional: boil cod fish in milk, and lightly fry potatoes separately instead of boiling, and set aside on paper towel to absorb oil]. Remove cod and shred into small chunks, removing all bones and set aside [you can buy salted cod fish already de-boned]. Next, in a separate pan, add some olive oil and sauté the onions until golden. Add the cod fish and a little bit of the reserved milk to the mixture. Next add the heavy whipping cream and the potatoes. Gently mix and transfer to a greased baking pan. Bake for 15 mins or until top is golden brown. [Optional: sprinkle parmesan cheese on top for extra golden texture]