

BACALAO CUBAN CODFISH DINNER

If you use dried Codfish, YOU MUST rinse well in cold water. Boil fish twice. Each time with fresh water.

This will get rid of the salty taste.

2 -TB OLIVE OIL

1- LB COD FISH (RUB SOME FRESH LEMON)

3 -POTATOES CUT INTO 1- INCH THICK SLICES

1 -MEDIUM, ONION, SLICED INTO RINGS

2 -GARLIC CLOVE OR (1/2- TS MINCED GARLIC)

1- RED PEPPER

½- PACKAGE, SAFRON (SAZÓN GOYA CON AZAFRÁN BRAND)

1- TB, RED PIMIENTO

1- BAY LEAF

8 OZ., -OR (1- CUP) TOMATO SAUCE

1/3- CUP, DRY WHITE WINE

3/4-CUP WATER

3- GREEN OLIVES AND SOME OF ITS JUICE

¼- TS OREGANO

1/8- TS CUMIN

DASH SWEET BASIL

DASH OF GROUND PEPPER

STEP 1

RINSE COD FISH.

BOIL COD IN WATER. RINSE, AND THEN RE-BOIL FISH IN FRESH WATER AGAIN. WHILE IT IS ON ITS SECOND BOIL, START ON, STEP 2 (SAUTEE)

STEP 2

COVER BOTTOM HAVE DEEP FRYING PAN WITH 4- TO 6- TB OLIVE OIL, BROWN ONIONS, GARLIC AND RED PEPPER, UNTILL TENDER.

STEP 3

REMOVE SOME OF THE ONIONS, GARLIC AND RED PEPPER SET ASIDE.

ADD POTATOES SLICES, THE BOILED COD FISH, NOW ADD THE SAUTÉED ONIONS, GARLIC AND PEPPER ON TOP.

STEP 4

ADD TOMATO SAUCE, GARLIC, PEPPER, ½- CUP WHITE WINE AND ONE BAY LEAF.

STEP 5

WHILE ON SIMMER, WITH SPOON, KEEP POURING SAUCE IN PAN OVER ALL. (FISH & POTATOES)

DINNER IS READY WHEN FISH SEPARATES WITH FORK.

*GREAT OVER UNCLE BENS CONVERTED WHITE RICE!

PREP TIME: 0:30

COOK TIME: 0:30

OVEN GRILLED COD

450