



### Codfish

Featured on November 18, 2017 for “Cod and New England Coastal Cuisine” demo with Ris Lacoste

#### Salted Codfish

*\*This recipe is enough salt cod to prepare multiple dishes. It can be reduced or increased to any quantity desired.*

#### Ingredients

3 pounds salt cod\*  
5 cloves garlic  
4 sprigs fresh thyme  
2 bay leaves  
Parsley stems  
1 cup fennel stems, coarsely chopped, optional  
1 onion, coarsely chopped  
4 whole cloves  
6 whole allspice berries  
8 whole peppercorns  
1 cup milk, optional  
Water to cover

#### Directions

Salt cod takes advanced preparation to rehydrate the fish and remove some or most of the saltiness. One day in advance, cover the salt cod in plenty of cold water and refrigerate. Every 3 hours or so, remove the salt cod from the water, empty the used water and place the salt cod back into the container. Cover again with plenty of fresh cold water. Repeat the process 3-4 times in the course of the day. Leave overnight in a fresh water. Soak for a minimum of 8 hours and up to 24.

Remove the rehydrated salt cod from the water and place in a nonreactive pot. Add all of the ingredients, cover with the liquids and cook over medium heat until the liquid comes to a boil, about 10 minutes. Let simmer for 10 minutes longer. Turn off the heat and let codfish rest in the liquid for an additional 5-10 minutes, absorbing as much of the aromatics as possible. Remove from the liquid and set aside until ready to use. Save the poached cloves of garlic for later use and discard the rest. At this point, you can cover the poached salt cod in olive oil and save for later use, kept covered in the refrigerator.



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