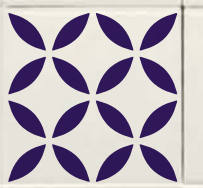


PORTUGAL THE COOKBOOK



Arroz de Bacalhau

PHAIDON

Creamy Cod Rice

Arroz de Bacalhau

☐ **Minho**

One of the very few traditional dishes to mix cod and rice, *Arroz de Bacalhau* was originally created to make use of all parts of the fish; there are even documented recipes that use the skin, roasted or fried. These days, *Arroz de Bacalhau* is made with cod steak that is shredded, stewed with onions and tomatoes, mixed with uncooked rice, then gently cooked until the rice is tender.

Creamy Cod Rice

Arroz de Bacalhau

☐ **Minho**

Preparation time: 10 minutes, plus 12–14 hours soaking

Cooking time: 45 minutes

Serves: 2

220 g/7½ oz salted cod, desalted

1 small onion, peeled and finely chopped

1 garlic clove, peeled and finely chopped

170 g/6 oz (¾ cup) short-grain rice, preferably Carolino

sea salt and freshly ground black pepper

Creamy Cod Rice

Arroz de Bacalhau

☐ **Minho**

Check the cod is not too salty before cooking. If it is, then leave to soak for another 2 hours. Drain.

Put the cod into a medium saucepan, cover with water and cook over a low heat for 6 minutes, or until the cod is soft. Remove from the pan, then remove the skin and any fish bones. Flake the flesh into chunks. Set aside 600 ml/20 fl oz (2½ cups) of the cooking water.

Put the onion and garlic into a large saucepan and cook over a low heat for 10 minutes, or until the onion is translucent and lighter in colour. Add the rice and cod, stir, then add the reserved cooking water. Increase the heat to medium and cook for 25 minutes, or until the rice is soft and creamy. You may need to add a little more of the cod cooking water, if it's drying out, so keep checking.

Season with salt and pepper and serve.