

FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

Torre Canne Regina Tomato (Italy)

Salt Cod with Torre Canne Regina Tomatoes and Ricotta Forte

For 5 people

5 thick slices (200 grams each) of desalted* salt cod
700 grams of chard
250 grams of Torre Canne Regina Tomatoes
100 grams of ricotta forte (“strong ricotta” is a strongly flavored spreadable cheese from Puglia)
2 bay leaves
2 cloves of garlic
plenty of extra virgin olive oil
salt
pepper

*If you cannot find salt cod that has already been desalted, you will need to soak your salt cod in water for 3 days, changing the water every 12 hours, before making this dish.

Preparation and cooking time: 1 hour and 30 minutes

Place the slices of cod in a pot and submerge them in extra virgin olive oil. Put the pot on the stove and cook for 25-40 minutes (depending on the thickness of the cod), with the oil reaching a temperature of 65-70° C. Add the bay leaves and an un-peeled clove of garlic as the cod is cooking.

Meanwhile, blanch the chard in salted water for a few minutes and then chill the leaves in ice water to fix the color. Cut the tomatoes into halves or quarters and sauté them in a pan with olive oil and a whole, peeled clove of garlic. Add the cooked chard leaves and cook for a few minutes. Remove the garlic clove and season the tomatoes and chard with salt and pepper to taste.

Whip the ricotta forte with a fork until it becomes creamy.

Arrange the chard and tomatoes on a plate and place the cod on top of the vegetables. Spoon a bit of the whipped ricotta onto the plate beside the fish. Drizzle with extra virgin olive oil before serving.



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