



Cod a la “llauna” (easy to chew)

Ingredients (serves 2)

280 g clean desalted cod
(two skinless and deboned loins)

150 g cooked beans

25 ml water

4 large garlic cloves

5 g sweet red paprika

75 ml white wine

Flour for coating

Black pepper

Salt

Chopped parsley (2 sprigs, leaves only)

Extra virgin olive oil

Method

1. Dry and flour cleaned cod loins and fry lightly in hot oil (submerged halfway in oil) until golden brown. Drain fish from oil, chop into very small pieces and set aside (option to use an electric mixer or mincer). Save some frying oil.
2. Use a fork to mash the cooked beans in a container with the 25ml water. Add pepper to taste and a pinch of salt.
3. In a frying pan, lightly fry peeled and thinly sliced garlic with six teaspoons of the oil used to fry the fish. Do not brown the garlic. Remove from heat and add sweet paprika, stirring for a few seconds.
4. Put the frying pan back on the heat and add the white wine. Stir for about three minutes over high heat until the alcohol evaporates.
5. Pour the sauté into a blending container, add the chopped parsley, a pinch of salt and blend (if necessary, add a little water so it does not become too thick).
6. Serve by first placing the beans on the plate, then add the cod on top of the beans, and pour sauce on top.