



Cod al pil-pil (modified texture)

Ingredients (serves 2)

- 300 g fresh cod with skin
- 50 g desalted cod with skin
- 2 cloves of garlic
- 1 dry chilli
- 25 g potato
- 12 g single cream
- Extra virgin olive oil to caramelize

Method

1. Pour oil in a small saucepan. Add diced potato and peeled garlic. Cook over low heat caramelising potato until very soft. Drain potato and set aside.
2. Place the cod and chilli in the same saucepan and oil. Cook for 4 minutes over low heat. Drain the pieces of cod well and discard the chilli pepper.
3. Use an immersion blender to purée the pieces of cod with garlic and slightly warmed cream.
4. Use a fork to mash the caramelised potato and add to the puréed mixture. Blend and pass through a sieve.
5. Pour onto plate and serve.

Recommendations

A small amount of the oil used to caramelize the potatoes and cook the fish can be added. Use a whisk to emulsify the oil into a sauce-like texture. Then add directly to the plate before serving. In case of dysphagia, the emulsified oil should be well integrated with the puréed mixture to avoid two different textures.