



# Empedrat: cod bean salad with a world of possibilities

This recipe is designed to serve as a foundation to build upon depending on preferences. Key types of ingredients are suggested for each version.

These are just a few examples, as there are infinite possible combinations. Try out different varieties to find what suits each person.

## Ingredients (serves 1)

### The basics:

75 g desalted cod

40 g tomato

50 g onion

60 g cooked beans

Extra virgin olive oil

### Add according to personal preference:

#### Acidic

½ lemon

½ orange

½ lime

Capers

Vinegar

#### Sour

1 endive leaf

Arugula

Bitter fizzy drink,  
like Bitter Kas®

#### Sweet

Quince paste

Honey

#### Salty

Anchovies

Olive tapenade

#### Umami

Soy sauce

Seaweed: wakame  
or canned codium

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## Method

1. Mix finely minced onion, chopped or grated tomato, well-drained beans, and a generous splash of olive oil.

2. Add additional ingredients according to taste and following the corresponding instructions below:

### Acidic

Grate small amounts of lemon, lime, and orange zest. Juice all three fruits. Mix juices with zests. Combine 3 parts juice and 1 part vinegar and mix well to make a citrus vinaigrette. Add the vinaigrette and a teaspoon of chopped capers to the salad. Mix well and serve.

### Sour

Chop the endive leaf and gently mince arugula. Add greens and a tablespoon of sour fizzy drink to salad. Mix well and serve.

### Sweet

Dice 20 grams of quince paste and add to salad. Drizzle with honey and serve.

### Salty

Slice an anchovy into very thin strips. Add to salad with a teaspoon of olive tapenade. Mix well and serve.

### Umami

Mince seaweed and add to salad. Dress with a tablespoon of soy sauce. Mix well and serve.