

Portuguese cod croquettes, Crushed tomatoes, white balsamic, parsley |

Recipe for 4 portions



Description

Here's a fun way to eat cod without using its beautiful flavors.

Note

Serve with rice if you want to make those tapas as a main course

Ingredients

Cod croquettes

- 100 Gr Cod fillet
- 200 Gr Yukon gold potatoes
- 1 Unit(s) Egg
- 5 Sprig(s) Chives
- 0.50 Unit(s) Onion
- 50 Gr Flour
- 1 Liter(s) Vegetable stock
- Butter
- Salt and pepper
- Vegetable oil

Tomatoes

- 300 Gr Tomato
- 1 Sprig(s) Parsley
- 10 Ml White balsamic vinegar
- 1 Clove(s) Garlic
- Butter
- Salt and pepper
- Vegetable oil

Portuguese rice (if you want a side)

- 0.50 Unit(s) Onion
- 1 Clove(s) Chopped garlic
- 0.50 Cup(s) White rice
- 1 Tsp Tomato paste
- 200 Ml Chicken stock
- 0.50 Tsp Oregano

- 0.50 Tbsp Paprika
- Butter
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **60 mins**
- Preheat your **Deep Frier** at **375 F°**

Prep

Prepare your vegetable broth to cook the cod.

Peel and finely chop the onion and the chive.

Place the potatoes in a large pot of cold salted water and bring to a boil. Peel them when cooked and cut in big chunks before mashing them.

Cook the cod filets in the vegetable broth.

Dice the tomatoes and chop the garlic.

Cod croquettes

Mix the fish in a blender. In a bowl, mash the potatoes, add the eggs and mix. Add the cod onion and chive, season with salt and pepper.

Make balls using your hands and put aside in the fridge. Then dip in the fryer for 1 minute, put aside on a scott towel and season with salt.

Tomatoes

In a hot pan with olive oil, cook the tomatoes at medium heat for 5 minutes, add garlic and cook for 3 minutes. Add the vinegar and remove from heat. Add parsley and season with salt and pepper.

Portuguese rice (if you want a side)

Chop the garlic and the onions.

Mix the tomato paste and the broth.

Warm the oil and sweat the onions and the garlic. Add the rice and mix.

Pour the broth into the rice. Mix. Season with salt and pepper. Bring to a boil. Reduce the heat, cover with a lid and cook for 25 minutes. Add the paprika and the butter and mix. Remove from heat. Cover with lid and keep aside for 5 minutes before serving

Plating

In a shallow bowl, pour some crushed tomatoes then add the cod croquettes on top and garnish with parsley leaves.

Bon appétit!