

Brandade, mashed cod

■ 1,13lb of salted cod, 3 cups of milk, approximately 1,5 cup of olive oil, 1 clove of garlic, some stalks of parsley, and white pepper.

■ Make desalinate the cod during 24 hours by changing the water regularly.

■ Peel the clove of garlic, and make it poach in the milk with the cod with weak boiling during 8 minutes. Drain the fish, and skim the milk of cooking, and keep 2 ladles there which you will keep tepid.

■ Get back the clove of garlic and crush it. Mash the cod in the hand, by getting rid of fishbone them and the skin.

■ Make warm a little the olive oil.

■ By means of a spatula work the cod by incorporating it the olive oil little by little, with the tepid milk, until obtain a beautiful emulsion. Add pepper, the garlic and the chopped parsley.

■ Mix well

■ *It is the «provençal» version, without mashed potato, but nothing prevents you from adding it. You can serve it on roasted slices of bread. The quantity of olive oil and milk few to vary according to the quality of the fish.*

