

Baccalà Mantecato



Serves: 2



Cooking Time: -



Level: Easy



INGREDIENTS

25 ounces (700 gr) baccalà (stockfish, already soaked)
1 or 2 cloves of garlic
1/2 cup (120 ml) olive oil
salt and white pepper to taste

PREPARATION

1. Place the baccalà in a large saucepan and cover with cold water. Bring to the boil and simmer for 15 minutes or until tender (test by pricking with a fork, if it's still too firm, give it a little more time). Drain the fish, reserving a little of the water if needed later. Remove the garlic, skin and any large bones.
2. Break the fish into pieces and place in a bowl (or your mixer/food processor if using – but note that this will result in a different consistency). Then, while the fish is still hot, begin whipping to 'cream' the fish with a whisk or – if you're going old-school – a wooden spoon. At the same time, add the olive oil in a thin, slow drizzle and continue whipping energetically until you have a creamy, mousse-like consistency, with some larger pieces here and there. This is easiest done with two people, but otherwise just pause every now and then to add the olive oil in stages.
3. You may need a little more olive oil, you may find you don't need all of it. You might even need a little of the cooking water if it is too dry or too dense. This all really depends on the quality of the stockfish and how long it was soaked for prior to cooking.
4. Season to taste with salt and pepper and serve on slices of baguette or grilled (white) polenta. If you like, scatter some chopped parsley over the top; some prefer a pinch of nutmeg; those who like it with a kick can stir in some chopped, raw garlic.