



PORTUGAL

LUNCH

PRINTABLE RECIPE PDF

Portuguese Bacalhau à Brás

Bacalhau à Brás is a quintessential Portuguese dish that showcases the country's love for cod, a staple in its cuisine for centuries. Traditionally served during

PREP

20 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Intermediate

SHOPPING LIST

Ingredients

- 200 g salted cod - soaked for 24 hours, changing water twice
- 3 medium onions - finely chopped
- 2 garlic cloves - minced
- 4 large eggs - lightly beaten
- 100 g straw fries - fresh or pre-fried
- 50 ml olive oil - for frying
- 2 black olives - for garnish
- 1 tbsp fresh parsley - chopped, for garnish

WHY THIS WORKS

About this recipe

A printable Portuguese Bacalhau à Brás recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Bacalhau à Brás is a quintessential Portuguese dish that showcases the country's love for cod, a staple in its cuisine for centuries. Traditionally served during festive occasions, especially Christmas, this dish combines salted

ORIGIN & TRADITION

Mediterranean context

Bacalhau à Brás is a quintessential Portuguese dish that showcases the country's love for cod, a staple in its cuisine for centuries. Traditionally served during festive occasions, especially Christmas, this dish combines salted cod with finely chopped onions, straw fries, and scrambled eggs, embodying the rich flavors and textures of Portuguese cooking.

METHOD

Step-by-step instructions

1

Start by rinsing the soaked cod under cold water and then boil it in a pot of water for about 10 minutes until tender. Remove from heat, let cool, and then flake the cod into bite-sized pieces, discarding any skin and bones.

2

In a large skillet, heat the olive oil over medium heat. Add the chopped onions and minced garlic, cooking until the onions turn translucent and soft, about 5-7 minutes.

3

Add the flaked cod to the skillet and sauté for another 5 minutes, allowing the flavors to meld together.

4

Gently fold in the straw fries, mixing well to combine. Create a small well in the center and pour in the beaten eggs, stirring continuously until the eggs are just set and creamy, about 2-3 minutes.

5

Remove from heat, garnish with chopped parsley and black olives. Serve immediately.

CHEF'S TIP

To achieve the best texture, ensure that the eggs are cooked gently and not overdone, resulting in a creamy consistency that binds the ingredients together beautifully.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	20 g
Protein	35 g	Fiber	2 g
Carbohydrates	35 g	Sodium	900 mg

SERVING SUGGESTION

Traditionally, Bacalhau à Brás is served with a side of green salad and a glass of Vinho Verde, which complements the richness of the dish.

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