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# Salt Cod Braudade

*Chef Christian Bousquet - Poseidon Restaurant - Longboat key, FL  
Sarasota`s Chef Du Jour - 1992*

Servings: 4

**3 pounds fillet of salt cod**  
**2 cups virgin olive oil**  
**3 cloves garlic, chopped**  
**1 cup heavy cream**  
**white pepper**

Make your own garlic bread and cut up into croutons for later use.

De-salt the cod for four hours, changing the water four times.

Poach the fish in low boiling water for 10 minutes.

Remove the bones and skin if necessary.

In a skillet, add one cup of olive oil. When the oil is smoking, add the cod and chopped garlic. Crush with a wooden spoon while heating gently. Remove from the heat when it forms a paste.

Gradually add 1/2 cup of olive oil, a cup of heavy cream and white pepper to taste.

Transfer to an oven dish. Brown at 350 degrees for 15 minutes.

Serve with garlic croutons around the fish.

## Seafood

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*Per Serving (excluding unknown items): 1163 Calories; 130g Fat (98.7% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 82mg Cholesterol; 23mg Sodium. Exchanges: 0 Vegetable; 0 Non-Fat Milk; 26 Fat.*