

Baccala all Fiorentina

SALT COD FLORENTINE STYLE

- 2 pounds salt cod
- 1/4 cup extra virgin olive oil, plus 3 tablespoons
- 2 cloves garlic, crushed
- 2 cups canned San Marzano tomatoes, diced
- 2 tablespoons chopped fresh parsley
- Freshly ground black pepper

Prep oven per *Mugnaini Bake Oven Protocol*.

Immerse the salt cod in cold water, cover and refrigerate for 24 hours, changing water 3–4 times daily. Remove cod, drain and pat dry with paper towels. Cut cod into large pieces, approximately 3–5 inches thick, and dust with flour.

Pour 1/4 cup olive oil, or enough to slightly cover bottom, in a large skillet. Set in wood-fired oven. Add crushed garlic and cook until garlic is golden; remove garlic and discard. Add cod to oil and cook turning once, about 2–3 minutes on each side. Remove fish and set aside. Discard frying oil and add 3 tablespoons olive oil to pan along with tomatoes, parsley, and black pepper to taste. Add fish and cook for 30 minutes.

Notes:

