

GASPÉ COD PILEE

Maison de la Famille Contre Vents et Marées, Gaspésie

6 portions

1¾ lbs.	Potatoes
1¼	Salt cod, strips
1 to 2	Diced onions
1/8 cup	Fat

12 portions

3½ lbs.
2½ lbs.
2 to 3
¼ cup

24 portions

7 lbs.
5 lbs.
5 to 6
½ cup

- Boil cod twice, changing water, ½ hour each time.
- Drain and put aside.
- Bake and peel potatoes. Add salt and pepper, to taste.
- Add potatoes to cod.
- Sauté onions in fat and add at step 3.
- Stir all ingredients.

May be served with salad, vegetables or macaroni.

Portion size: ½ lb.

Cost per portion: \$0.88

Did you know that...

Cod is one of the most widely eaten fish in the world. In European French, it is called "morue" when salted and dried, and "cabillaud" in the fresh or frozen state. Cod lends itself well to every method of cooking. It is delicious in sauce. Cod is also preserved, air dried (stockfish) or salted (kipper). Its eggs are eaten fresh, smoked or salted. Its tongue, cheeks and liver are also edible. An oil rich in vitamin D is derived from its liver. Its meat is lean, delicate and firm, especially when cod is young and fresh.