

## Bacalhau com natas (Codfish with cream)



### Ingredients (for 4 persons)

- ✓ 500 gr de-salted cod
- ✓ 6 dl milk
- ✓ 2 large Onions cut in slices
- ✓ olive oil
- ✓ 25 gr butter
- ✓ 2 tablespoons flour
- ✓ 500 gr potatoes
- ✓ Nutmeg
- ✓ 2 dl cream
- ✓ grated cheese (or bread crumbs)
- ✓ Salt and pepper

### Directions:

Soak the salted cod in water for 1-2 days and change the water at least 4-5 times.

Gently cook the pieces of cod in milk for about 5 minutes, until tender and not too salty (taste). Drain the cod well, debone and shred the fish into flakes. Cut the onion in thin slices and fry them in olive oil until the onion is soft and clear. Add the codfish flakes to the onion and let it fry slowly.

Peel and cut the potatoes in cubes and cook them in hot oil (don't over-fry them!). Then join the potatoes with the cod, and add the salt, pepper and the nutmeg. Put this mixture in an oven tray.

Make a béchamel sauce by melting butter and adding the flour. While stirring constantly, add the milk (in which you cooked the cod) until it thickens. Then add the cream and spread this sauce over the potato-cod mixture and sprinkle some grated cheese (or breadcrumbs) on top. Let it bake in the oven (200 degrees C) for about 15 minutes. You can add some black olives on top for decoration.

Serve with a fresh salad of lettuce and onion.