

Cod Liver – Recipes

The following recipes balance cod liver's rich, slightly fishy flavor with ingredients that complement and enhance it. Cod liver is prized for its delicate texture and nutritional benefits, especially its high omega-3 fatty acids and vitamins A and D. Here are a few recipes:

1. Cod Liver Tartare with Avocado and Pickled Red Onion

Ingredients:

- 1 can of cod liver (drained and reserved)
- 1 ripe avocado, diced
- 1 small red onion, thinly sliced and pickled in vinegar
- 1 tsp capers, finely chopped
- 1 tsp Dijon mustard
- Fresh dill, finely chopped
- Lemon juice, to taste
- Sea salt and freshly ground black pepper
- Toasted rye bread or crackers for serving

Instructions:

1. **Prepare the Tartare:** In a mixing bowl, gently mix the diced avocado, capers, and Dijon mustard with the drained cod liver.
2. **Season:** Add fresh dill, lemon juice, sea salt, and black pepper to taste. Mix carefully to keep the avocado pieces intact.
3. **Serve:** Arrange the tartare on a plate, garnish with pickled red onion, and serve with toasted rye bread or crackers.

Health Benefits:

- **Cod Liver:** High in omega-3 fatty acids, which support heart health, reduce inflammation, and promote brain health. Rich in vitamins A and D, essential for immune function, bone health, and vision.
- **Avocado:** Provides heart-healthy monounsaturated fats, fiber, and potassium, which can help lower cholesterol and improve cardiovascular health.
- **Pickled Red Onion:** Rich in antioxidants and flavonoids, with anti-inflammatory properties that can enhance gut health through beneficial bacteria.

2. Cod Liver Crostini with Herbed Ricotta and Radish

Ingredients:

- 1 baguette, sliced into thin rounds
- Olive oil for brushing
- 1 can of cod liver (drained)
- 1/2 cup ricotta cheese
- Fresh chives, finely chopped
- Fresh parsley, finely chopped
- Thinly sliced radishes
- Lemon zest
- Sea salt and freshly ground black pepper

Instructions:

1. **Prepare the Crostini:** Brush the baguette slices with olive oil and toast them in the oven until golden brown.
2. **Herbed Ricotta:** In a small bowl, mix ricotta with chopped chives, parsley, lemon zest, salt, and pepper.
3. **Assemble:** Spread a layer of herbed ricotta on each crostini, top with a piece of cod liver, and finish with a slice of radish. Garnish with additional herbs and lemon zest.

Health Benefits:

- **Cod Liver:** Supports healthy cholesterol levels and offers anti-inflammatory benefits, which can protect against chronic diseases like heart disease and arthritis.
- **Ricotta Cheese:** A good source of protein and calcium, important for bone health and muscle maintenance.
- **Radish:** Contains antioxidants and is high in vitamin C, supporting immune health, skin health, and digestive health.

3. Cod Liver Ravioli with Brown Butter Sage Sauce

Ingredients:

- Fresh pasta dough (store-bought or homemade)
- 1 can of cod liver (drained)
- 1/4 cup mascarpone cheese
- Zest of 1 lemon
- Fresh sage leaves
- 4 tbsp unsalted butter
- Parmesan cheese, grated
- Sea salt and freshly ground black pepper

Instructions:

1. **Prepare the Filling:** In a bowl, mix the drained cod liver with mascarpone cheese and lemon zest. Season with salt and pepper.
2. **Assemble Ravioli:** Roll out the pasta dough into thin sheets. Place small mounds of the cod liver mixture on one sheet, cover with another sheet, and cut out ravioli shapes.
3. **Cook the Ravioli:** Boil the ravioli in salted water until they float to the top, about 3 minutes.
4. **Brown Butter Sage Sauce:** In a skillet, melt the butter over medium heat and add sage leaves. Cook until the butter is browned and fragrant.
5. **Serve:** Toss the ravioli in the brown butter sage sauce and serve with grated Parmesan.

Health Benefits:

- **Cod Liver:** Omega-3 fatty acids in cod liver lower triglycerides, reduce the risk of heart arrhythmias, and improve cognitive function. Vitamin D content is crucial for calcium absorption and bone health.
- **Sage:** An herb with antioxidant properties that has anti-inflammatory and memory-boosting effects. Contains rosmarinic acid, which may help with conditions like rheumatoid arthritis.
- **Mascarpone Cheese:** Offers a rich source of protein and fat, essential for maintaining energy levels and satiety.

4. Cod Liver Salad with Fennel and Citrus

Ingredients:

- 1 can of cod liver (drained)
- 1 bulb of fennel, thinly sliced
- 1 orange, segmented
- 1 grapefruit, segmented
- Mixed greens (arugula, spinach, or watercress)
- Extra virgin olive oil
- White wine vinegar
- Sea salt and freshly ground black pepper

Instructions:

1. **Prepare the Salad:** In a large salad bowl, combine the mixed greens, fennel slices, and citrus segments.
2. **Dress the Salad:** Drizzle with olive oil and white wine vinegar, then season with salt and pepper.
3. **Serve:** Gently flake the cod liver over the salad and toss lightly. Serve immediately.

Health Benefits:

- **Cod Liver:** The high levels of vitamin A support healthy skin, vision, and immune function. The combination of omega-3s and vitamin D supports cardiovascular and bone health.
- **Fennel:** Known for its digestive benefits, fennel can help reduce bloating and gas. Rich in vitamin C, it boosts immune health and acts as a powerful antioxidant.
- **Citrus Fruits (Orange and Grapefruit):** High in vitamin C and flavonoids, enhancing immune function, improving skin health, and potentially reducing the risk of chronic diseases like heart disease and cancer.