



Bacalhau with Black Eye beans

Serving Size 6-8

Preparation time: approximately 2 hours

Ingredients

2 - 15 ounce cans of black eye beans or 1 and a half cups of dried black eye beans.

NOTE: If you want to use dried beans, please see below for preparing the dried beans.

2 pounds of salted cod (dried bacalhau - see below for preparation of salted cod)

6 garlic cloves, finely chopped

1 teaspoon of black or white pepper

½ cup of chopped scallions

½ cup of olive oil (Portuguese olive oil is preferred)

2 tablespoons of parsley

About 16 green or black olives

Preparation

Black eye beans cooking instructions - Rinse the beans over cold water. Place them in a medium pot with 2 quarts of water. Let the beans stand in the water until they swell. This takes about an hour. In a medium pot add 2 quarts of water and bring to a boil. Add the swelled beans to the boiling water. Let the beans boil for at least 30 minutes or until they are tender. You will know they are cooked when you can easily break with a fork.

Remember! The beans should not be overcooked as they will become mushy and not mix well with all the ingredients.

Salted Cod preparation - The salted cod can be purchased in most supermarket seafood departments. It can be purchased desalted and frozen or salted and dried. If you purchase the dried salted cod you



will need to place it in a bowl and submerge it with cold water. The water should be replaced with new fresh water several times per day for up to two days; depending on the thickness of the codfish pieces. The thinner the pieces the shorter the time needed to remove the salt. After the desalting process the fish is ready for preparation.

Now that the fish is ready for preparation, take the two pounds of desalted codfish and place in a pot of boiling water (about 2 quarts of water) and boil for approximately 15 minutes. Once the codfish is no longer translucent, drain the water and let the codfish cool down. After it has cooled, remove any bones and then pull or cut the codfish into small half inch to an inch pieces.

In a large bowl (metal or glass) place the codfish pieces, the cooked beans (which have been drained of any liquid), the olives, chopped garlic, chopped scallions and parsley. Mix all ingredients well. If the salad is dry, add another quarter cup of olive oil and mix. Garnish with red sweet or hot pickled peppers chopped into 1 inch slivers. Add some additional chopped scallions as a garnish.

SERVE CHILLED!

