

Neapolitan-Style Salt Cod (Baccalà alla Napoletana)

Cooking Times & Servings

- **Prep Time:** 20 minutes
 - **Cook Time:** 35–40 minutes
 - **Total Time:** ~60 minutes
 - **Servings:** 4
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Ingredients

Serves 4

- 1¾ lb soaked salt cod, cut into chunks
 - 1¾ cups tomato pulp (crushed tomatoes)
 - Gaeta black olives, to taste
 - Salt-packed capers, rinsed, to taste
 - 1 garlic clove
 - 1 red chili pepper
 - Anchovy fillets in oil, to taste
 - Fresh parsley, chopped, to taste
 - Extra virgin olive oil, to taste
 - All-purpose flour, for dredging
 - Vegetable oil, for frying
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Instructions

1. Cut the soaked salt cod into medium-sized chunks and **pat them completely dry** with paper towels.
2. Lightly dredge the cod pieces in flour.
3. Fry in hot vegetable oil for **about 3 minutes per side**, until lightly golden. Drain on paper towels and set aside.
4. In a large pan, heat **4 tablespoons extra virgin olive oil**. Add the garlic clove, chili pepper, and **3 anchovy fillets**. Sauté gently until the anchovies dissolve.
5. Add the crushed tomatoes, capers, olives, and **just a pinch of salt**. Simmer for **15 minutes** over medium-low heat.
6. Gently add the fried cod to the sauce, sprinkle with chopped parsley, and cook for **another 15 minutes**.

7. Serve hot with extra fresh parsley on top.
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Oven Option

For a lighter finish, transfer the pan to a **320°F (160°C) oven** and cook the final **15 minutes** in the oven instead of on the stovetop.

Tips & Tricks

- Make sure the cod is **well soaked and fully desalted** before cooking.
- Frying first keeps the fish tender while preventing it from falling apart in the sauce.
- Gaeta olives are traditional, but Kalamata can work if needed.
- This dish tastes even better the next day!