

DESALTING NORWEGIAN COD



Rinse under running water, removing the thick layer of salt.

Dip in plenty of cold water, with a few pebbles of ice and inside the fridge.

Water should be used in a ratio of 2/3 water to 1/3 cod.

Throughout the desalting period, you need to keep cod in the refrigerator to keep it well.

It should not be boiled and cook over low heat.

Desalting Table:

The desalting time depends on the height of the legs, following the indication:

Shredded Cod: 6 hours (change water every 3 hours).

Normal posts: 24 hours (change water every 6 hours).

Thick slices: 40 hours (change water every 8 hours).

Very thick stations: 48 hours (change water every 8 hours).

Very thick loins: 72 hours (change water every 8 hours).

Tips for desalting Cod more practically:

1. Pick up two large and lid containers.
2. Fill with water and put in the fridge.

3. Unpack cod, wash under running water to remove excess salt, remove skin and pimples if recipe requires, cut if not already cut.

4. Put some ice stones in one of the containers and have the water cold.

5. At the time of changing the water do not change the cod water but the water cod.

6. Put ice cubes in the other container that is only with ice water and change the container cod.

7. The vessel that had the cod should be washed and put back with water in the fridge and repeat the operation until completely desalted.

8. Remember that the desalting time and frequency of container change will depend on the height of the Norwegian cod fillets you will prepare.