SPANISH · DINNER · LUNCH

Bacalao al Pil Pil (Basque Cod in Garlic Olive Oil Sauce)

30 min · Serves 4 · 622 kcal a serve · Video 4:19 · Cook with Carmen

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

Flaky cod gently cooked in extra virgin olive oil: plenty of lean protein, with olive oil's monounsaturated fat making the sauce. No flour, dairy or added sugar.

Diet notes: Keto (1.5 g net carbs a serve).

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Ingredients 5 · SERVES 4

- [ ] 4 **desalted cod loins** with skin (about 200 g each), at room temperature
- [ ] about 12 g **salt**, already in the desalted cod (1.5 g per 100 g, our estimate; none is added)
- [ ] 220 ml (1 glass) **olive oil**, extra virgin
- [ ] 6 **garlic** cloves, sliced or whole, peeled
- [ ] 1 **dried guindilla chilli**, seeds removed (optional)

Contains: Fish. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Warm the olive oil in a wide frying pan over medium heat with the garlic (and chilli), shaking the pan now and then, until the garlic is golden. Lift the garlic and chilli out and set aside. 0:44
2. Lay the cod loins in the oil skin-side up and cook 3 minutes, turn carefully and cook 3 minutes more, then take the pan off the heat and lift the fish onto a plate. 1:14
3. Pour almost all the oil into a heatproof jug and let it cool until it is just warm to the touch. Leave the juices the fish released in the pan, adding any from the plate too. 1:51
4. Add a little of the warm oil to the pan juices and whisk with a strainer moved in quick circles (or swirl the pan) to start an emulsion, then keep adding the oil bit by bit until the sauce is thick and pale, like mayonnaise. 2:17
5. Return the cod, spoon the sauce over and warm gently for a few minutes without letting it boil. Serve topped with the golden garlic and chilli. 2:59

> **Tip** Buy desalted cod loins, or soak salt cod 24–48 h in the fridge, changing the water often. The 200 g loins are our estimate. The salt line is what desalted cod keeps (labels: 1.5–2.6 g per 100 g).

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
622 kcal	37 g	1.6 g	0.1 g	52 g	1,290 mg
2,600 kJ	74% of a day	1.5 g net · 0 g sugars 1% of a day	1% of a day	7.3 g saturated 67% of a day	56% of a day

Energy from net carbs 1% · protein 24% · fat 75% — fits keto: 1.5 g net carbs, 75% of the energy from fat

High in (20%+ of a day) Selenium 111% · Vitamin B12 73% · Vitamin E 57% · Omega-3 44% · Vitamin B6 30% · Vitamin K 26%

Source of (10–19%) Magnesium 16%

⚠ One serve has about 56% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Cook with Carmen (@cocinacarmenrecetas) on YouTube — youtube.com/watch?v=rEkKSxf9Ihk, published 9 April 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bacalao-al-pil-pil-basque-cod