



SALSA MALLORQUINA BAKED WITH COD

INGREDIENTS

(Serves 4-6)

- Chunky cod fillets (approximately 250g per fillet)
- 4 tbsp olive oil, plus extra to cook the fish
- 1 medium onion, diced
- 1 large red pepper, diced
- 2 garlic cloves, finely chopped
- 1 bunch of chard (approximately 450g), stems and leaf thinly sliced and kept separate
- 1 tsp sweet pimentón (Spanish paprika) plus a little extra for the fish
- 1 small glass dry white wine
- 3 plum tomatoes, diced
- 3 bay leaves
- A handful of raisins
- A handful of pine nuts
- Salt and freshly ground black pepper

Salsa Mallorquina is a versatile sauce made with a sofrito – a mixture of onion, garlic, tomato and bay leaves, which is the base to many Mallorquin recipes. The addition of raisins and pine nuts displays the influence of Moorish cuisine. Salsa Mallorquina works equally well with meat, fish or shellfish. Inspired by the wonderful displays of fish at Palma's Olivar market, we've opted for cod, but feel free to substitute with any firm white fish, such as hake or monkfish. Chard is sold in bunches in the market and local shops – substitute with spinach if you prefer.

- 1 Preheat the oven to 180°C/Gas Mark 4. Heat the oil in a large frying pan and fry the onion, pepper and garlic until soft. Add the chard stems and cook for a minute or so. Add the chard leaves and stir fry until they wilt and reduce in volume.
- 2 Stir in the pimentón and white wine and simmer briskly until the wine has reduced by half. Add the diced tomatoes, bay leaves, raisins and pine nuts and continue to gently simmer until the chard is cooked and the tomato sauce reduced. Season with salt and pepper to taste and spoon into a large baking dish.
- 3 Sprinkle the cod fillets with a little pimentón and season with salt to taste. Heat a splash of oil in a large frying pan and brown the fillets briefly on both sides.
- 4 Place the fillets on top of the salsa, drizzle with a little extra olive oil and bake in the preheated oven for 10-15 minutes or until the fish flakes easily.