

Codfish Route



EXCHANGE GERMANY FCE 2019

HEILBROON - 23 to 29 September - FOOD CONNECTS EUROPE 2017/20 ERASMUS+

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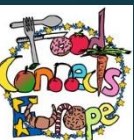


Portugal
Agrupamento de Escolas de Vila Nova de
Poiares

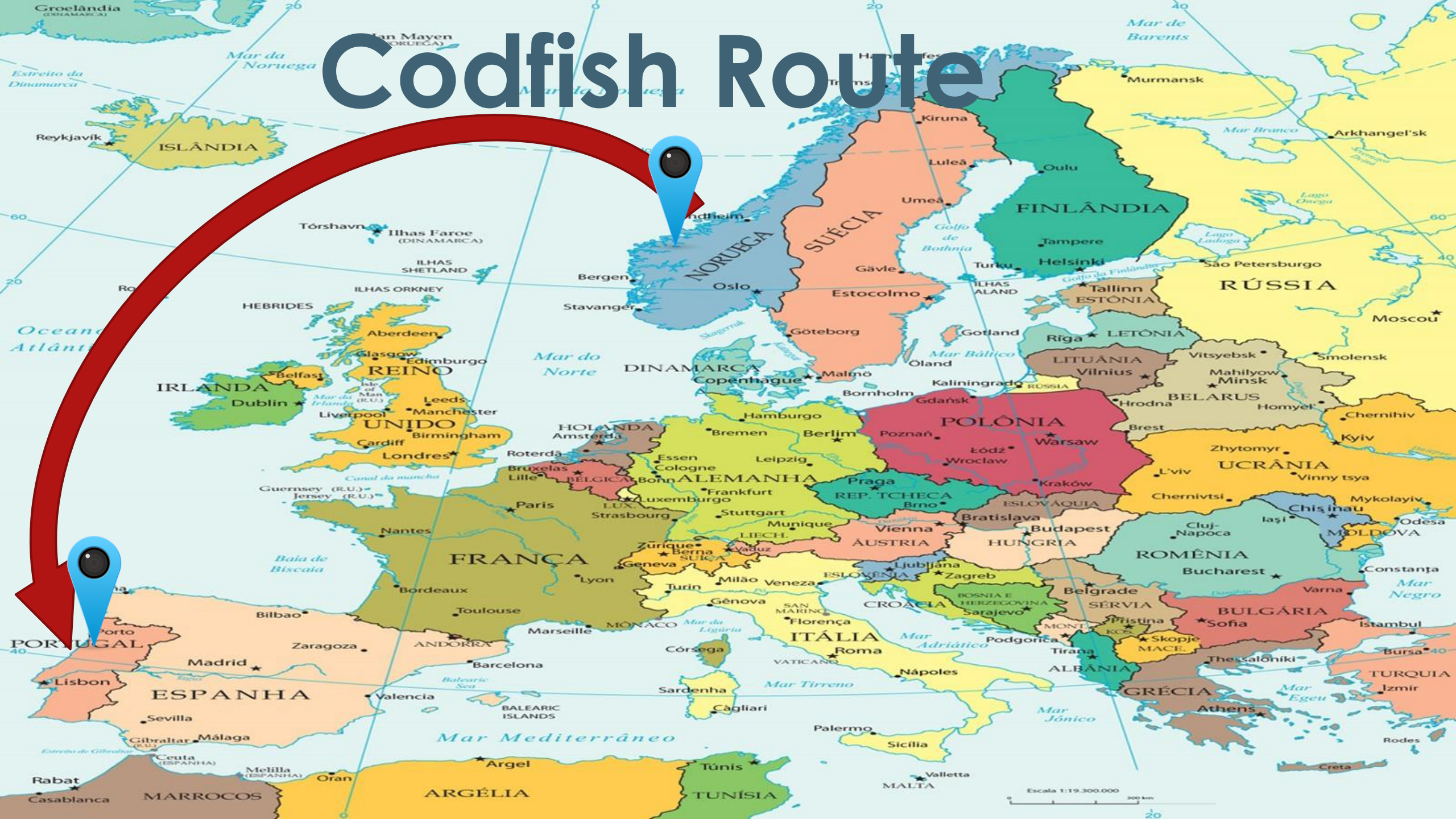


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Codfish Route



Morphological Characteristics Of Cod Fish

- ▶ Cod has a robust shape, it is laterally flattened and the body tapers towards the tail. The cod head is large: it can be a quarter of the total length of the fish.
- ▶ The cod coloration is olive green or brownish. It has numerous black spots, rounded on the back. It also has three dorsal fins, two ventral fins and one at the tail.
- ▶ Cod lives on average 16 to 20 years. As an adult, it can measure 1.50 meters and weigh between 30 to 90Kg.



Drying Codfish

Portuguese codfish is cod that has been doused in vast quantities of salt and dried under hot sun. This ancient method of preservation means the cod can be stored indefinitely at ambient temperatures, with no bacterial or mould able to grow on the highly saline dried cod fish.





The traditional method to salt and dry the cod fish involves the cod cut lengthwise and hung from the caudal fin.

To prepare for consumption, cod fish is soaked in freshwater for a minimum of 24 hours to reduce the levels of salt.

The cod is then shredded into one of the numerous dishes or served as sliced stakes.



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Stockfish



Codfish



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The Process Of Drying Codfish

Why historically (and still to this day) do the Portuguese salt and dry a fish which is not native to their oceans?

The history of bacalhau can be traced back to the 14th century and exploration era of the Portuguese.

The dried and salted cod could be kept in the ships holds for years and fresh supplies could be obtained from the oceans during a voyage. Salted cod fish became a staple part of the Portuguese Navy's diet from 1497 with the discovery of vast reserves of cod off the shores of Newfoundland.



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Types of cuts

Pieces of cod



Shredded cod



Cod faces



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Cooking Cod Fish

- ❖ Salted cod fish is the most popular base commodity in Portuguese cooking

► People say there are a thousand and one cod recipes, for exemple:

“Bacalhau com natas”
(Cod with cream)



“Bacalhau à Brás”
(Shredded cod with chips and eggs)



“Bacalhau á lagareiro”
(Grilled cod)



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