

Black Cod Brandade

SEAFOOD FEATURED: BLACK COD/SABLEFISH

INGREDIENTS	INSTRUCTIONS
<p>Black Cod Brandade</p> <ul style="list-style-type: none">• 1 medium russet potato• ½ cup sour cream• ¼ cup extra virgin olive oil• ¼ cup of chopped herbs (parsley, chives and dill all work really well)• 1/8 tsp grated garlic• Leftover or extra black cod from the previous night's dinner - amount can vary by preferred or available quantity	<ul style="list-style-type: none">- Roast a medium russet (baking potato) at 425 degrees until tender, about 1 hour- Scoop out the flesh into a medium bowl and mash with a spoon (for about 1 cup of mashed potato)- Add the sour cream, extra virgin olive oil, chopped herbs, and grated garlic.- Season with salt and pepper and mix well- Flake leftover fish and fold into potato mixture- Transfer mixture to ovenproof baking dish and bake at 375 degrees until golden brown on top and warmed through, 20-25 minutes- Serve with toast or crackers

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