

Bacalhau à Brás (Portuguese Salt Cod with Eggs and Potatoes)??

Marcel · 25/04/2025



Prep Time

30

Difficult

Easy

Servings

4

Description

Bacalhau à Brás is a beloved Portuguese dish made with shredded salt cod, finely chopped onions, matchstick potatoes, and scrambled eggs. Finished with black olives and fresh parsley, it's a simple yet comforting recipe with deep roots in Portuguese culinary tradition.

Ingredients

- 400g (14 oz) dried salted cod (bacalhau)
- 3 tbsp olive oil
- 1 large onion, finely sliced
- 2 garlic cloves, minced
- 250g (9 oz) matchstick potatoes (fresh or store-bought)
- 6 eggs
- Salt and pepper, to taste
- Fresh parsley, chopped
- Black olives

Instructions

1. **Desalt the Cod:** Soak the salt cod in cold water for 24–48 hours, changing the water 2–3 times a day. Once ready, drain, remove any skin and bones, and shred the cod into small pieces.
2. **Prepare the Potatoes:** If using fresh potatoes, peel and cut into thin matchsticks. Fry them in hot oil until golden and crispy. Drain on paper towels.
3. **Cook the Cod Mixture:** Heat olive oil in a large pan over medium heat. Add the onion (and bay leaf if using) and cook until soft and translucent. Add the garlic and cook for another minute.
4. **Add the Cod:** Stir in the shredded cod and cook for 3–4 minutes, allowing it to absorb the flavors.
5. **Combine with Eggs:** Beat the eggs in a bowl with a pinch of salt and pepper. Add the fried potatoes to the pan, then pour in the eggs, stirring constantly over low heat. Cook just until the eggs are softly scrambled—moist but not runny.
6. **Garnish and Serve:** Remove from heat. Sprinkle with chopped parsley and garnish with black olives. Serve immediately. ?