Esgarraet

Yield: 4 servings

Ingredients

Salad

Red peppers — 3 pcs

Soaked, flaked salt cod — 200 g

Garlic — to taste

Extra virgin olive oil — to taste

Salt — to taste

Olives (optional) — to taste

Steps

1. Preheat the oven to 200 °C.
2. Wash and dry the 3 pcs, rub them with to taste and to taste and place them on a baking tray.
3. Roast them for 1 hour at 200 °C. Switch the oven off and leave them inside for another hour, so they finish in the residual heat.
4. Take them out and leave them covered with a cloth, or in a bag, for about 15 minutes: they release juice and peel more easily.
5. Remove the stalks, skin and seeds.
6. Tear the peppers with your hands into irregular strips; don’t cut them with a knife.
7. Peel the to taste and slice it very thinly.
8. Combine the peppers, the flaked 200 g and the garlic, and dress with a generous splash of oil.
9. Cover and leave in the fridge for at least 2 hours; better overnight. Take it out 20 or 30 minutes before serving and, if you like, serve it with to taste.

Sources

Esgarraet (esgarrat), ensalada valenciana (Hola): https://www.hola.com/cocina/recetas/20260604904716/esgarraet-ensalada-valenciana/

Recetas para el verano: esgarraet o espencat (Turisme Dival): https://turisme.dival.es/recetas-para-el-verano-esgarraet-o-espencat/