Salt cod meatballs

Yield: 4 servings

Ingredients

Salt cod meatballs

Flaked desalted salt cod — 300 g
Day-old bread — 250 g
Eggs — 2 pcs
Chopped garlic (for the meatballs) — 1 clove
Fresh parsley — 1 bunch
Pine nuts — to taste

Stew

Salt cod chunks — 250 g
Ripe tomatoes, grated — 2 pcs
Onion — 1 pcs
Head of garlic — 1 pcs
Bay leaves — 2 leaves
Artichokes — 4 pcs
Medium potatoes — 4 pcs
Cooked peas — 150 g
Tender broad beans, unpeeled — 500 g
Paprika — to taste
Extra virgin olive oil — to taste
Water or fish stock — to taste
Salt — to taste

Steps

1. The day before, desalt the cod by soaking it for 24 hours, changing the water twice: the salt cod chunks and the flaked desalted salt cod, if you do not already have them desalted.
2. Grate the day-old bread or crumble it very small. Mix it with the well-flaked desalted salt cod, the chopped garlic, the fresh parsley (leaves only, well washed and chopped), the pine nuts and the eggs.
3. Knead well and shape the meatballs.
4. In a not-too-large frying pan, with a finger and a half of extra virgin olive oil, brown the meatballs a little and set them aside.
5. In the same oil, sear the salt cod chunks briefly on each side, without letting them dry out, and set them aside.
6. Strain that oil into the stew pot and add more if it is short. Fry the very finely chopped onion and, when it begins to turn translucent, add the very finely chopped garlic, taken from the head of garlic.
7. Add the artichokes, turn them over for 5 minutes and set them aside. Lightly fry the chopped medium potatoes, ideally broken into chunks with the knife rather than sliced so that they release their starch and thicken the stew, with more oil if needed.
8. After 5 minutes add the ripe tomatoes, grated, and finish the sofrito. At the end add a pinch of paprika and take the pot off the heat straight away, so that it does not burn and turn bitter.
9. Cover the potatoes with water or fish stock (more if needed) and add the bay leaves. Return the artichokes, adjust

the salt and cook over a low heat with the pot covered.

10. When 7 to 8 minutes are left, add the already cooked peas, then the cod chunks and the meatballs. Finish over a low heat, covered, until it is creamy and a little brothy. Serve with the tender broad beans, unpeeled.

Sources

Albóndigas de bacalao (Convega, Recetario de la Vega Baja, receta 12): https://convega.com/wp-content/uploads/2026/05/Recetario.pdf