

SPANISH COD FRITTERS (LIKE IN CÓRDOBA)

The Recipe

<https://cuisinedaubery.com/recipe/spanish-cod-fritters/>

Cod Fritters are a Spanish Tapa "croqueta de bacalao" that is just delicious. I show you all the tricks to master this Tapa !

Skill: Easy Level

Cuisine: Spanish Cuisine

Courses: Cod Fritter, Appetizer,

Ingredients

For 62 fritters, 2" (or 5 cm) long

some Vegetable oil

10 oz Salted Cod (280 grams)

2/3 Cup Onions (100 grams)

2/3 Cup Butter (160 grams)

1 3/4 Cup Flour (260 grams)

4 1/2 Cups Milk (1 kilogram)

some Nutmeg

some Parsley

some Salt

*Breading

1 Cup Flour (140 grams)

4 Eggs 1/2 Cup or 200 grams

1 1/2 Cup Breadcrumbs (180 grams)

*Frying

some Vegetable oil

For 40 fritters, 2" (or 5 cm) long

some Vegetable oil

6 oz Salted Cod (180.6 grams)

1/2 Cup Onions (64.5 grams)

1/2 Cup Butter (103.2 grams)

1 1/4 Cup Flour (167.7 grams)

2 3/4 Cups Milk (645.1 grams)

some Nutmeg

SPANISH COD FRITTERS (LIKE IN CÓRDOBA)

some Parsley

some Salt

*Breading

2/3 Cup Flour (90.3 grams)

2.5 Eggs 1/3 Cup or 125 grams

1 Cup Breadcrumbs (116.1 grams)

*Frying

some Vegetable oil

For 30 fritters, 2" (or 5 cm) long

some Vegetable oil

1/4 lbs Salted Cod (135.4 grams)

1/3 Cup Onions (48.3 grams)

1/3 Cup Butter (77.4 grams)

3/4 Cup Flour (125.8 grams)

2 1/4 Cups Milk (483.8 grams)

some Nutmeg

some Parsley

some Salt

*Breading

1/2 Cup Flour (67.7 grams)

1.9 Eggs 4 Tablespoons or 95 grams

2/3 Cup Breadcrumbs (87 grams)

*Frying

some Vegetable oil

For 20 fritters, 2" (or 5 cm) long

some Vegetable oil

3 oz Salted Cod (90.3 grams)

3 Tablespoons Onions (32.2 grams)

4 Tablespoons Butter (51.6 grams)

1/2 Cup Flour (83.8 grams)

1 1/2 Cup Milk (322.5 grams)

some Nutmeg

some Parsley

some Salt

*Breading

1/3 Cup Flour (45.1 grams)

1.2 Eggs 2 Tablespoons or 60 grams

1/2 Cup Breadcrumbs (58 grams)

*Frying

some Vegetable oil

SPANISH COD FRITTERS (LIKE IN CÓRDOBA)

Steps

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The salted cod

We need Salted Cod

Here's a quizz : Why do we need to buy salted cod, and de-salt it ? Why not buy unsalted cod in the first place ?

- First, salted cod has been used for ages at times when salting cod was the only method to preserve it and keep it for a long time
- Moreover, salting (cured) Cod changes its chemical texture, and brings a different (and great) flavor

1- The dough

1. The dough is actually close to a Bechamel, just thicker
2. Finely mince the Onions (2/3 Cup or 100 g)
3. In a frying pan, or a large pot, warm the Vegetable oil, on medium/high heat
In winter, I find that this dish smells, so I prefer to cook outside ! My dog Sapic will play sous-chef today
4. Fry the Onions (2/3 Cup or 100 g), on medium/high heat, until lightly golden, but do not overcook them
5. Add in the Salted Cod (10 oz or 280 g), unsalted
6. Cook, and try to "break: the cod into chunks
7. Add in the Butter (2/3 Cup or 160 g)
8. If the cod cannot be "broken" into pieces, use a potato masher
9. Add in the Flour (1 3/4 Cup or 260 g) and stir, with a spatula
10. Wait until the flour gets fully absorbed
11. Pour at once the Milk (4 1/2 Cups or 1 kg)
12. Lower the heat and cook on medium/high heat
13. The Milk won't get absorbed immediately, that's normal. Keep cooking and stirring
14. You will need to be patient and cook a few minutes, until the mass thickens
15. HINT #1 - People underestimate this step. You need to make sure that the mass is REALLY thick otherwise the fritters will flatten into a "crepe"
16. The mass must be thick enough to hold on the spatula when you flip it
17. Add in the Nutmeg and the Parsley (to be finely minced)
18. Here's the texture you want to get, otherwise, keep cooking and stirring
19. Transfer to a dish or a pan, and wrap airtight

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2- Cooling down

20. Let cool down at room temperature
21. Then leave in the fridge for overnight (or at least 6 hours)
22. HINT #2 - Another reason why people don't succeed is that they skip this important step - you need to leave the mass in the fridge long enough (overnight, or minimum 6 hours). During this step, the flour continues to absorb the liquid

3- Making the fritters

Next day, you can form the croquetas fritters

To do this, I purchased this kit in Spain, a product from the brand "IBILI"

You can use instead a Pastry Bag and a Plain Pastry Tip, 0.86" (or 2 1/5" or 2.2 cm) in diameter

23. Insert the Plain Pastry Tip (0.86" (or 2 1/5" or 2.2 cm) in diameter) in the Pastry Bag

24. Fill the Pastry Bag with the mass

25. Pipe a long tube onto a silicone mat or with a parchment paper

26. Cut every 2" (or 5 cm)

27. In summertime, cool down in the fridge

28. For the breading, setup 3 plates with the Flour (1 Cup or 140 g), the Eggs (4) and the Breadcrumbs (1 1/2 Cup or 180 g)

29. - Roll each croqueta in the Flour

30. - Then roll in the Eggs

31. - Then roll them in the Breadcrumbs

32. Once breaded, the croquetas must be stored in fridge for at least 1 hour

4- Frying

33. HINT #3 - Do not fry the croquetas when too cold. Take them out of the fridge and let them warm a bit otherwise, the temperature contrast will make them explode

34. We are going to deep fry, so BE CAREFUL. Make sure you are alone, nobody around you, and wear gloves and clothes to protect you from the burns

35. I am using a frying pan, but I recommend you to use a large pot which will be safer

36. Take the croquetas out of the fridge and let warm up at room temperature

37. Warm the Vegetable oil until the temperature reaches 360 F / 180 C

38. Deep fry the croquetas

39. Make sure you do not overfry them, you want them light in color. Flip them and fry

40. Transfer onto a dish with paper towel

41. HINT #4 - Do not overload the the frying pan otherwise the croquetas won't cook evenly

42. HINT #5 - Between each batch, wait until the temperature reaches 360 F / 180 C

43. That's it !

44. After deep frying, make sure the frying pan is away from everybody. I usually put it out of reach