

RECIPE CARD

Baccala Stew - First Course of Feast of the Seven Fishes
Grandma Maria Capaldi's Recipe - from Pamela Capaldi

RECIPE NAME

A big pot of soup!

YIELD

30 mins to chop

PREP TIME

3 hours to simmer

TIME TO COOK

This is my Grandma Maria Capaldi's Recipe. Baccala is typically the first course of the (Italian tradition) Feast of the Seven Fishes. This feast is served on Christmas Eve keeping in a meatless tradition. Lots of variation can occur in which 7 fishes/shellfish you select. We've enjoyed squid, octopus, snails, baked white fish, shrimp, crab and lobster!

NOTES

INGREDIENTS

5 large onions (chopped)
5 cloves garlic (minced)
1 small bunch parsley (chopped)
1 bunch celery (chopped fine)
2 large cans Hunt's tomato sauce
1 small can Contadina tomato paste
Fresh basil or 1 tablespoon dry basil
1 teaspoon pepper - NO SALT - there's plenty from the cod fish
2 bay leaves (remove from finished soup)
2 to 3 pounds of salted codfish (baccala)

Optional: 5 carrots and 5 potatoes

PROCEDURE

Brown the onions in olive oil in a big soup pot!

Add the garlic, celery, basil and parsley - continue to brown and soften.

This fills the pot one third full or so.

Add tomatoes (grandma's recipe calls for 6 jars of her garden canned tomatoes with one can of tomato paste).

My mom used 2 large cans of Hunt's tomato sauce plus 2 cans diced tomatoes.

Add 1 can Contadina tomato paste.

My mom added 5 carrots and 5 potatoes, both chopped to bite size.

Bring to a boil.

Reduce the heat to low and let simmer at least 1-2 hours.

Then, add the 2 pounds of cod fish, cut in small chunks.

Let this simmer for another hour.

Mom's note: 'You can add a lil water if soup is too thick'.

You buy 'salted cod' - baccala - at the Italian Food Store or Seafood Shop.

You must soak it for 2-3 days ahead of use. Change the water twice a day and keep in the fridge until you're ready to use.

Buon Natale from the Capaldi's!