



SUNDAY CODFISH BREAKFAST (THE SAUCE) serves 8

2 lbs. salted codfish (sold as Pollock or Bacalao) available at Walmart, West Indian and Hispanic grocers.

8 peeled and quartered potatoes

¼ c olive oil

2 medium onions chopped

1 c diced eggplant

½ c celery

1 26 oz can stewed tomatoes (with Balsamic vinegar)

few sprigs fresh thyme

3 fresh basil leaves

½ c dry red wine (optional)

1 t brown sugar

1-2 t tomato paste (optional)

Method

Soak fish overnight or rinse fish and boil it 20 minutes and pour off salty water. Place fish in pot with the potatoes and boil fish again till potatoes are tender when pierced with a fork.

Sauté onions, eggplant and celery in oil. Add stewed tomatoes and remaining ingredients. If thicker sauce is preferred, add tomato paste- a teaspoon at a time to desired consistency.

Serve sauce over codfish and potatoes. Allow guests to help themselves to hard boiled eggs, sliced avocado, and ripe bananas.

