



# SABORES DE ESPAÑA

with

THE SPANISH CHEF  
OMAR ALLIBHOY

PREPARATION: 10 MIN

COOKING: 30 MIN

SERVES 2

## BACALAO CON JAMÓN PAN-FRIED COD WITH JAMÓN, ARTICHOKE AND PEAS

Looking for a dinner to impress without having to spend hours in the kitchen?  
This panfried cod with jamón, peas and artichokes is just that!

### Ingredients for the cod and poached eggs

- 2 x 150g fillets of cod (skin on)
- 2 artichokes
- Salt and pepper
- 1 tbsp olive oil
- 2 free-range eggs

### Ingredients for the garnish and the sauce

- 3 tbsp extra virgin olive oil
- 2 artichokes
- 1 small shallot
- 50g Spanish Iberico ham, diced
- 3 cloves of garlic, finely chopped
- 1 tsp flour
- 25ml white wine
- 200ml chicken stock
- 100g frozen peas
- 1 tbsp chive, finely chopped
- Salt and pepper
- Extravirgin olive oil
- A few slices of Iberico ham to decorate



### Directions

**Step 1:** Peel the artichokes and discard the harder outer leaves and skin on the stalk. Cut into quarters or sixths depending on the size. Leave them in cold water with a squeeze of lemon to prevent discolouring.

**Step 2:** Place a frying pan over high heat. Pat dry and season the cod with salt and pepper. Add to the pan skin-side down, reduce heat to medium and leave for 5 minutes on the skin side and 2 minutes on the other.

**Step 3:** To prepare the garnish, place a large frying pan over medium heat, pour the olive oil and add the artichokes, fry them for 3 minutes. Add the finely chopped shallot and fry for 4 minutes. Add the garlic and ham and after 2 minutes add the flour. Stir for a minute before slowly pouring the white wine and chicken stock. Stir to dissolve any lumps. Add the peas, season with salt and pepper and simmer for 2 minutes.

**Step 4:** One at a time, break each egg into a ramekin and pour into a pan with simmering water with a dash of white vinegar. Gently poach the eggs for 2-3 minutes. Remove with a slotted spoon.

**Step 5:** Serve a generous bed of the vegetables, place the egg over and lay the fillet of cod by it's side. Finish with a few small slices of ham, a good drizzle of extra virgin olive oil and a sprinkle of chive.

Enjoy this succulent dish with **BARÓN DE LEY's 3 Viñas Blanco Reserva**. The 3 white grape varieties in this wine are native to Rioja: Viura, Malvasía and Garnacha Blanca. Following Rioja's tradition, the varieties vinify separately before they are blended in concrete vats and then aged in oak for 12 months.

With a perfect balance between subtle oak hints and remarkable freshness, this wine is the perfect match to the jamon's powerful, yet delicate texture which blends perfectly into the richer flavours of the cod. SALUD!