

Codfish Soup

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Serves: 4-6 people

Yield: Approximately 6 cups

Time: 1:00 hour

Ingredients

1 pound of boneless dried cod fish, soaked in water overnight
1 tablespoon of olive oil
1 onion, small dice
1/4 cup of sofrito (see page 60)
1 teaspoon of adobo seasoning (see page 54)
1 teaspoon of sazón seasoning (see page 58)
1 stalk of celery, small dice
1 potato, medium dice
2 carrots, peeled, medium dice
1 chayote (Mexican vegetable pear), medium dice
1/4 pumpkin or squash, seeded, medium dice (approximately 1/2 pound)
1 cup of tomato sauce (see page 62)
2 cups of boiling water or vegetable stock (see page 64) plus more as needed
1/4 cup of recaito (see page 56)

Directions

- ✦ In a large pot, heat olive oil. Add onions and sofrito. Cook on medium heat for about 5 minutes or until onions are soft and translucent.
- ✦ Add adobo, sazón, celery, potatoes, carrots, chayote and pumpkin or squash. Cook, covered on low heat and stir occasionally for about 15 minutes or until potatoes are soft.
- ✦ Add the tomato sauce. Add the water or vegetable stock and stir. Bring to a boil, then reduce to a simmer and cook with lid on for about 10 minutes, stirring occasionally. Add more water as desired for a thinner soup.
- ✦ While the stew is cooking, rinse and drain the codfish one more time, then roughly chop into bite size pieces. Add the fish to the stew and cook for about 10 more minutes or until fish is cooked thoroughly.
- ✦ Add the recaito just before service.

Did You Know?

Preserved by salting and drying, dried codfish should be soaked overnight with several changes of cold water before cooking to rehydrate it and remove the salt.

Dried codfish is a good source of protein, vitamins and minerals.

