

Sunvil Supper Club

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May 2015 - **Cod fish served in a bread basket**



Ingredients

500g shredded codfish fillet
500g potatoes (cut into thin strips and roasted)
250g courgettes (cut into thin strips)
250g aubergine (cut into small pieces)
250g spinach
100g fresh coriander
1 onion chopped
400g jar of béchamel sauce (or homemade)
1kg wholewheat crusty roll
Clove of garlic (chopped)
Olive oil
Salad to serve

Method

Gently fry the chopped onion and garlic in the olive oil. Once the onions are soft, add the cod and allow it to gently cook.

Add the potatoes, aubergine and courgettes and cook until the vegetables are tender. Mix in the béchamel sauce to bind all of the ingredients together. Stir and add in the coriander and spinach.

Taking a large, wholewheat crusty roll (1kg) cut off the top and remove all of the bread inside. Leaving a bread bowl. Fill the bread with your mixture of cod, vegetables and béchamel sauce.

Place in the oven (180 degrees C) and cook for 5-7 minutes - until the bread absorbs the juices but is still crisp.

Serve the bread bowl at the table by dishing out the cod filling and serving it with a piece of the bread bowl and a green salad.

This recipe is a take on a traditional Portuguese dish served at Sitio da Pedralva restaurant in the small village of Pedralva.

Surrounded by tree-covered rolling hills, just north of the town of Vila do Bispo in the Algarve, you will find the white-washed, rural village of Pedralva and the Aldeia da Pedralva tourist houses. The concept of Aldeia da Pedralva is to breathe new life into this almost abandoned rural community through the renovation and restoration of the traditional old buildings and, with the monies raised through tourism, to invest in the community and to protect the heritage and history of the village.

Today, there are seven full-time inhabitants of Pedralva who mingle with staff and visitors in the cafe, restaurant and village squares. There is a real community vibe.

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