

Exquisite Paleo Delight: Harmony Of Cod, Spinach, Sultanas And Pine Nuts



Bacalao a la Manresana is an exquisite culinary specialty originating from the region of Manresa, Catalonia, which stands out for its harmonious combination of flavors and textures. This dish, considered a classic of Catalan cuisine, presents a perfect blend of fresh and dry ingredients that give life to a unique gastronomic experience.

In its preparation, cod, a fish from deep, cold waters, is the undisputed protagonist. Its succulent, firm flesh is fused with fresh spinach, providing a contrast of color and flavor that highlights the quality of the local ingredients. The sultanas, with their natural sweetness, add a sweet and sour touch that elevates the complexity of each bite, while the pine nuts, with their crunchy texture, add a distinctive character to the dish.

The recipe for Bacalao a la Manresana, handed down from generation to generation, reflects the cultural and culinary richness of the region. Its apparent simplicity hides a depth of flavors that delight diners, making it a delicacy appreciated both on special occasions and at the everyday table. This dish is a testament to the ingenuity of Catalan cuisine, where the freshness of the ingredients is combined with traditional techniques to create an unforgettable gastronomic experience.

Cooking with Magic: Discover the Papillote Technique

Immerse yourself in the enchantment of cooking with the papillote technique, a culinary method that delicately captures flavors. By wrapping your ingredients in aluminum foil or parchment, you create an airtight package that preserves the natural juices and aromas. This method of steaming in their own juices guarantees juicy, flavorful and stunningly presented dishes. Discover the art of cooking en papillote and elevate your culinary skills to new heights!

Preparation

To make this delicious Cod a la Manresana recipe, start by purchasing dried and salted cod at the market a few days before preparation. Be sure to ask at the stall for specific instructions on how to hydrate it. This process involves soaking the cod in water and changing it according to the instructions received.

On the day of preparation, remove the rehydrated cod and wrap it in kitchen towels to remove excess water. Prepare the oven by preheating it to 180°C. Wrap the cod in aluminum foil, adding a touch of extra virgin olive oil (EVOO). Important: do not add salt until after cooking. Use two sheets of foil for each piece of loin, sealing the sides to prevent steam from escaping. Bake for 25 minutes; the steam will infuse the flavors inside the package.

Meanwhile, toast the pine nuts in a pan with a little coconut oil or olive oil. Set aside. In the same pan, sauté the spinach until it becomes pliable, adding salt and pepper to taste. In the last few minutes of cooking, add the sultanas so that they release their sweetness without becoming toasted. Finally, add the previously toasted pine nuts. These steps will culminate in a Manresa-style cod, a perfect blend of textures and flavors that will delight those who have the pleasure of enjoying it. Enjoy!

As an additional suggestion to elevate the dining experience, consider adding a touch of distinction to the dish. If you have a small piece of frozen duck foie gras, take the opportunity to enhance the flavors even more. Simply place a portion on top of each cod fillet and grill it with a blowtorch. This final touch will not only bring an exceptional contrast of flavors, but will also add a creamy and sophisticated texture to the whole, making your Bacalao a la Manresana a truly memorable culinary experience. Dare to experiment with new nuances and surprise your palate!

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EXQUISITE PALEO DELIGHT

Harmony Cod with Spinach, Sultana and Pine Nuts



A nutrient-dense paleo dish that combines lean protein, healthy fats and wholesome ingredients for a delicious and balanced meal.



High in Protein



Rich in Nutrients



Heart Healthy



Gluten Free



Paleo Friendly



INGREDIENTS (SERVES 2)

- 2 cod fillets (about 150–180 g each)
- 2 cups fresh spinach
- 2 tbsp pine nuts
- 2 tbsp sultanas (golden raisins)
- 2 cloves garlic, minced
- 2 tbsp extra virgin olive oil
- Juice of 1/2 lemon
- Salt and black pepper, to taste



HOW TO PREPARE

- Heat 1 tbsp olive oil in a pan over medium heat. Add garlic and sauté until fragrant.
- Add spinach and cook until wilted. Season with a pinch of salt and pepper. Remove and set aside.
- In the same pan, add the remaining olive oil. Add pine nuts and sultanas and toast for 1–2 minutes.
- Season cod fillets with salt and pepper. Place in the pan and cook for 3–4 minutes on each side, until cooked through and flaky.
- Return spinach to the pan, sprinkle with the toasted pine nuts and sultanas. Drizzle with lemon juice.
- Serve warm and enjoy this wholesome paleo delight!



NUTRITION HIGHLIGHTS (PER SERVING)



Calories
~420 kcal



Protein
~35 g



Carbs
~10 g



Healthy Fats
~25 g



Fiber
~3 g



KEY BENEFITS

- ✓ Supports muscle health and recovery
- ✓ Rich in iron and folate from spinach
- ✓ Healthy fats from olive oil and pine nuts
- ✓ Naturally sweet with sultanas – no added sugar
- ✓ Anti-inflammatory and heart-friendly



PALEO FRIENDLY

This recipe is:

- ✓ Gluten Free
- ✓ Dairy Free
- ✓ Grain Free
- ✓ Refined Sugar Free
- ✓ Whole & Natural



TIPS & VARIATIONS

- Add a pinch of chili flakes for a little heat.
- Swap cod for another white fish like haddock or sea bass.
- Add capers for an extra burst of flavor.
- Great with a side of roasted veggies or a fresh green salad.



EAT CLEAN. LIVE WELL.

Simple ingredients, real nourishment, in perfect harmony.



A delicious way to nourish your body and delight your taste buds!