



Sablefish (black cod) Brandade

90 min

CA

OR

WA

Serves 2-4

Ingredients

1 medium russet potato

½ cup sour cream

¼ cup extra virgin olive oil

¼ cup of chopped herbs (parsley, chives and dill all work really well)

1/8 tsp grated garlic

Leftover or extra black cod from the previous night's dinner – amount can vary by preferred or available quantity

Instructions

Roast a medium russet (baking potato) at 425 degrees until tender, about 1 hour
Scoop out the flesh into a medium bowl and mash with a spoon (for about 1 cup of mashed potato)

Add the sour cream, extra virgin olive oil, chopped herbs, and grated garlic

Season with salt and pepper and mix well

Flake leftover fish and fold into potato mixture

Transfer mixture to ovenproof baking dish and bake at 375 degrees until golden brown on top and warmed through, 20-25 minutes

Serve with toast or crackers

Recipe and Photo by [Chef Kay Chun](#)

Species Group

Sablefish/Black cod