

## Bacalao Confitado con Pipirrana: A Light, Elegant, and Flavorful Mediterranean Dish

Bacalao Confitado con Pipirrana de Verduras Frescas



**TIME**  
**15 min**

**TEMP**  
**175°F**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

For the Bacalao Confitado:

4 lomos de bacalao desalado (about 180g each)

500ml de aceite de oliva virgen extra (enough to cover the cod)

2 dientes de ajo, sliced

1 hoja de laurel

For the Pipirrana:

1 tomate grande, diced small (120g)

1/2 pimiento verde, diced (40g)

1/2 pimiento rojo, diced (40g)

1/2 cebolla morada, finely chopped (30g)

1 pepino peque o, peeled and diced (60g)

2 tablespoons of green olives, sliced (20g)

2 tablespoons of olive oil virgen extra (30ml)

1 tablespoon of Jerez or wine vinegar (15ml)

Salt and pepper to taste

Swaps and Notes:

**Bacalao (Cod):** The key here is using good quality, pre-desalted cod. If you're using salted cod, you'll need to soak it in cold water for 24-48 hours, changing the water every 8 hours. This is crucial for a great flavor. You can also use other firm white fish like hake or halibut, but the traditional taste comes from the cod.

**Olive Oil:** Use a good quality extra virgin olive oil. It's not just for cooking; it's a key flavor component. You'll be able to reuse the oil for

other dishes later, so don't feel like it's going to waste.

**Pipirrana Veggies:** This salad is a great way to use up fresh veggies. Feel free to add some chopped bell peppers of different colors for a pop of extra color, or even some finely diced celery for more crunch.

**Vinegar:** Jerez vinegar gives it a truly authentic Spanish flavor, but red wine vinegar or even a good quality apple cider vinegar will work just fine.

**How to Make It:**

**Prepare the Pipirrana:** In a large bowl (1.5L, 10cm high), combine the diced tomato, green and red peppers, red onion, cucumber, and sliced olives. Add the olive oil, Jerez vinegar, and a pinch of salt and pepper. Stir everything together until well combined. Cover and let it chill in the fridge for at least 15 minutes to allow the flavors to meld.

**Confit the Bacalao:** In a saucepan or deep skillet (24cm diameter, 7cm high), gently heat the olive oil over very low heat. You want the temperature to be between 70-80°C (160-175°F). The oil should not be bubbling or simmering; it should be warm and still. Add the sliced garlic and bay leaf.

**Cook the Cod:** Carefully place the cod fillets into the warm oil. Make sure they are fully submerged. Confit the cod for 12-15 minutes. The fish is done when it's tender, opaque, and flakes easily when you press it gently with a fork. It should not be tough or rubbery.

**Assemble the Dish:** Remove the cod from the oil with a slotted spoon and let it drain for a moment.

Spoon a generous bed of the chilled pipirrana onto each plate. Place a warm, flaky cod fillet on top of the salad. Drizzle with a little more fresh extra virgin olive oil and, if you like, a few flakes of sea salt. Serve immediately.

**Tips for Success:**

**Temperature is Key:** The most important part of confit is controlling the oil temperature. A kitchen thermometer is a huge help here. If you don't have one, keep the heat on the lowest setting. The oil should be shimmering but not boiling or frying.

**Don't Overcrowd the Pan:** Make sure the cod fillets have enough space and are fully submerged in the oil. If you have a small pan, you might need to do this in batches.

**Chill the Pipirrana:** Letting the salad sit in the fridge for a bit really allows the flavors to come together. The colder it is, the better the contrast with the warm cod.

**Reuse the Oil:** Don't throw away the olive oil! Once it cools, you can strain it and use it for cooking other dishes. It will be beautifully infused with

garlic and cod flavor.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: Approx. 320 calories

Protein: 35g

Fat: 15g

## DIRECTIONS

1. Prepare the : Pipirrana: In a large bowl (1.5L, 10cm high), combine the diced tomato, green and red peppers, red onion, cucumber, and sliced olives. Add the olive oil, Jerez vinegar, and a pinch of salt and pepper. Stir everything together until well combined. Cover and let it chill in the fridge for at least 15 minutes to allow the flavors to meld.
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8. **Reuse the : Oil:** Don't throw away the olive oil! Once it cools, you can strain it and use it for cooking other dishes. It will be beautifully infused with garlic and cod flavor.
9. **Serving Suggestions and Pairings:** This dish is a meal in itself, but it pairs wonderfully with a slice of crusty bread to soak up the olive oil. For a refreshing drink, a glass of crisp white wine like a Verdejo or Albariño would be perfect. And for another great meal, this would go great alongside my Classic Spaghetti Recipe with Homemade Sauce.
10. **Nutritional Information (Per Serving):** Please note: This is an approximation and can vary based on the specific ingredients used.
11. **Calories:** Approx. 320 calories
12. **Protein:** 35g
13. **Fat:** 15g
14. **Carbohydrates:** 5g
15. This is a fantastic source of lean protein, healthy fats from the olive oil, and a great mix of vitamins and antioxidants from the fresh vegetables.
16. **Storage and Leftover Tips:** The pipirrana can be made a day in advance and stored in the fridge. The cod confit is best served fresh, but if you have leftovers, they can be stored in the oil in an airtight container for up to 3 days in the fridge. To reheat, you can gently warm the cod in the microwave or briefly in a pan with some fresh olive oil.
17. **More Recipes You Will Love:** If you're a fan of fresh, vibrant, and crowd-pleasing meals, you'll want to check out some of these other recipes. For a fun, interactive dinner, my This Walking Taco Bar is My Favorite No-Fuss Way to Feed a Crowd is always a huge hit. And if you're in the mood for a cozy, comforting meal, my These Chicken Enchiladas are My Go-To for Cozy Crowd-Pleasing Dinners will hit the spot. For an appetizer that's always a winner, you can't go wrong with my Easy Cheesy Chicken Sliders with Marinara Garlic Butter.
18. **Final Thoughts:** This Bacalao Confitado con Pipirrana is one of those dishes that proves you don't need a lot of ingredients or complicated techniques to make something truly unforgettable. It's elegant, simple, and packed with the incredible flavors of the Mediterranean.
19. I hope you give this recipe a try and that it brings a little bit of that Spanish sunshine into your home. Let me know what you think in the comments below, and don't forget to follow me for more delicious and easy recipes!

## SWAPS & NOTES

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If you're using salted cod, you'll need to soak it in cold water for 24-48 hours, changing the water every 8 hours.

You can also use other firm white fish like hake or halibut, but the traditional taste comes from the cod.

Olive Oil: Use a good quality extra virgin olive oil.

### TIPS FOR SUCCESS

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/bacalao-confitado-con-pipirrana-a-light-elegant-and-flavorful-mediterranean-dish/>