Buljol (Salted cod dish)

Serving
10

Prep
10 Minutes

Cook
20 Minutes

Contributer
Tarini Bidaisee, MAN, RD

1 Lb	Salted cod
2–3	Eggs, hard-boiled, cubed
1	Onion, finely chopped
2 cloves	Garlic, finely chopped
1	Tomato, cubed
3	Pimento peppers, finely chopped
3 sprigs	Chives, finely chopped
1	Sweet pepper, finely chopped
½ tsp	Black pepper
4–6 tbsp	Olive oil

1. Place salted cod in pot filled with water and bring to a boil on the stove. Let it cook for 10 minutes and drain in colander. Repeat this step and drain remaining water. Squeeze to remove excess water.
2. Leave it to cool, then break into small flakes in a bowl.
3. Add all chopped ingredients to cod flakes.
4. Heat olive oil in pan on medium heat, then pour over the cod mixture. Mix ingredients.

DIETITIAN'S MESSAGE

Buljol, with its main ingredient, salted cod (known as "saltfish" in the Caribbean), is a well-loved dish in Trinidad and Tobago, especially at breakfast or brunch. It goes well with whole-grain toast, a few slices of avocado, and of course a dash of hot sauce, for a hearty meal!

Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium on Neurodegeneration in Aging

CCNV
Consortium canadien en neurodégénérescence associée au vieillissement