



Salted Cod Heads and Collars

Chef Evan Mallett, [Black Trumpet](#)

Ingredients

- Cod heads and collars (as many as you wish)

Directions

1. Ensure the heads and collars are fresh, intact and in good condition (not gaffed, smashed or mishandled).
2. Immerse the heads and collars in a brine that is about 7% salt for between 5 and 12 hours. The brine may contain other aromatics, depending on the preferred results. Keep the brining heads at refrigerator temperature.
3. When ready to cook the heads, prop them up using the criss-crossed collar ends as support. The mouths may be stuffed with herbs, lemon or other aromatics as well.
4. Place the propped heads in a roasting pan on a bed of seaweed or sturdy edible greens (such as kale, turnip tops or collards).
5. Roast the cod heads for about 45 minutes at 375 degrees, or until the white centers of the eyeballs have popped out. (These white orbs can be eaten, although they are gummy and somewhat off-putting to some folks, so we will often remove them).
6. Serve with any edible greens from the roasting pan in either an Asian broth or a classic Mediterranean brodo.

Notes

- Tip: use the remains to make a delicious stock!

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