

## **Appendix B**

### **Modified Ensalada de Bacalao (Cod Fish Salad)**

**Serves 6-8**

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#### **Ingredients:**

1 lb cod fish  
3 hard boiled eggs  
½ red onion  
½ Red pepper  
½ Green pepper  
1 carrot  
2 Garlic Cloves  
½ cup Olive Oil  
¼ cup white vinegar  
Adobo to taste  
Black Pepper to taste

#### **Procedure:**

1. Boil cod fish in water and drain.
2. Boil eggs until hard boiled and then drain and peel off shell.
3. Wash, peel carrots, and cut veggies.
4. Remove two egg yolks. Chop up eggs.
5. Add ingredients and mix together.
6. Drain oil and vinegar mixture.
7. Serve Cold.