**Pan-fried cod (serves 4)**

700g cod or 1 whole cod approx.1kg

3 tablespoons butter

150 ml parsley, finely chopped

2 teaspoons salt

(1/2 teaspoon finely grated nutmeg)

Cut the fish into 2 cm thick portions. Alternatively you can prepare the fish whole. Leave the fish to soak in cold water.

Grease a shallow, wide pan and sprinkle a layer of parsley on the base of the pan. Place the fish or fish portions on top of the parsley, making sure they do not overlap.

Sprinkle with salt and grated nutmeg (optional) and the rest of the parsley. Place knobs of butter on the fish and cover.

Cook the fish over a very low heat until it feels firm, approx 20-30 minutes. If the fish is whole, turn after 10-15 minutes.

**Norwegian cod (serves 4)**

500g cod fillet

2 tablespoons salt

1l water

50g butter

1 packet bacon, approx. 140g

Cut the fish into 2 cm thick portions. Bring the water and salt to the boil in a large pan.

Place the fish in the water and simmer over a very low heat until white and firm approx. 5 minutes. Drain the fish and dot with butter. Fry the bacon until crispy. Drain off the fat on kitchen paper. Sprinkle the bacon over the fish?