

# Codfish & Avocado



Food recipes  
Maison La Mauny

[www.maisonlamauny.com](http://www.maisonlamauny.com)

4 servings

200g flaked codfish

1 avocado

150g cassava starch

Spring onions and chives minced

1 branch of fresh parsley

1/4 hot chili pepper

2 garlic cloves crushed

Sunflower oil

Lime

Pepper



30 minutes  
in the fridge



15 to 20  
minutes



West Indies specialty made of codfish, "péyi" avocado and cassava, this is the perfect fit for an all Martinique aperitif!

Remove the salt from the codfish: put it in a pan of water with the 2 garlic cloves and allspice; remove from heat when it boils and strain; flake codfish.

Put crushed garlic, hot chili pepper, chives and parsley in a mixer; mix.

Add spices to flaked codfish with one tablespoon of oil.

Cut avocado in two and peel; crush it and squeeze lime juice over it.

Add codfish and cassava starch; mix well or put in mixer.

Cover and let rest for 30 minutes in refrigerator.

Serve right away or make balls coated with cassava starch.

Serve in avocado shell.



Pair it with a Ti Punch with  
our Maison La Mauny Acacia

Learn more about it on our website



See you soon on   [www.maisonlamauny.com](http://www.maisonlamauny.com)

Please consume alcohol responsibly