

A Fish Stew from el Mar Menor (Caldero al estilo del Mar Menor)

INGREDIENTS

**6 red mullets
6 whiting
3/4 kg grey mullet
1 sea spider
1 angler tail
2 chilli peppers
1 onion
1/2 kg potatoes
1 John Dory
400g rice
200g ali-oli (a garlic and olive oil sauce)
Seasoning: garlic and bay leaf**

PREPARATION

The different types of fish are very typical of the Mar Menor area and give the stew its characteristic flavour. Cook the angler, sea spider, red mullet, John Dory, the onion (in quarter pieces), a clove of garlic and a bay leaf together with several small potatoes in water to which salt has been added.

Poach the ingredients for half an hour on a low heat. Then add the whiting, red and grey mullets and cook for another ten or fifteen minutes. Add the two fried chilli peppers and two or three cloves of garlic (all of it crushed). Remove the broth from the heat and take out the fish, the angler tail and the potatoes. Remove the bones and leave them with a little broth near the heat. Strain off the rest of the broth, crush the remaining pieces and pass them through a strainer. Use the broth to prepare rice which should be rather soupy. Serve the rice first and then the fish arranged on a separate plate with the potatoes. A rather strong ali-oli sauce is served as an accompaniment.

Recipe provided by SpainGuides.com.
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