

FRESH TUNA FISH - (Marmitako)

INGREDIENTS

Marmitako is the traditional Basque guiso marinero - a tasty fish stew, prepared in an earthenware casserole. Fresh tuna is one of the favourites of Basque cuisine. It is caught at the end of the summer, while chasing anchovy.

7 tablespoons olive oil
2 onions, chopped
3 garlic cloves, minced
1 kg (2 pounds) fresh tuna, in large chunks with skin and bones removed
5 tomatoes, peeled and chopped
3 pimientos, cut in strips
1/4 teaspoon cayenne
2 tablespoons parsley, finely chopped
2 bay leaves
1 teaspoon salt
2 dl (7 ounces) white wine
1/2 (2 cups, 16 ounces) fish broth water
750g (1 1/2 pounds) potatoes, in large chunks

PREPARATION

Heat oil in large earthenware casserole and sauté onion and garlic over low heat until onion is tender. Add fresh tuna, tomatoes, pimientos, cayenne, parsley and bay leaves. Season with salt. Turn carefully. Pour over the wine and fish broth. Add the amount of water needed to cover. Simmer, covered, for 1 hour. After 40 minutes, add potato chunks. Season to taste. Serve in casserole with fresh crusty white bread.

Recipe provided by SpainGuides.com.

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