



EELS STEW

INGREDIENTS *(serves 4)*

1 kg clean, boneless eels, sliced into even pieces.

200 g onions

20 g garlic

5 g paprika

300 ml fresh tomato pulp

5 cubed, seeded tomatoes

2 ltr fish stock

200 g bell pepper

Black peppercorns

Sea salt

3 fresh thyme sprigs

3 bay leaves

500 g sliced bread, toasted on olive oil and rubbed with garlic

1 bunch of fresh cilantro

100 ml Cordovil ESPORÃO olive oil

200 ml ESPORÃO sparkling wine

30 gr ESPORÃO red wine vinegar

PREPARATION

Begin by caramelizing the onions in a little olive oil (add the remaining olive oil in the end).

Add the thinly sliced garlic, the paprika and the bell pepper, sliced into thin strips. Cook briefly and chill with the sparkling wine. Use high heat so that the alcohol evaporates quickly.

Add the tomato pulp and cook for 10 minutes on low heat.

Add the salt, black peppercorns, fresh thyme and bay leaves and cook for another minute. Add the stock and cook for another 20 minutes. Correct the seasoning and add the eels.

Remove the pan from the heat and allow it to cook for another 5 minutes, with the lid off.

Add plenty of fresh cilantro and serve immediately on sliced toasted bread. Enjoy!

CHEF PEDRO PENA BASTOS

PLACE ALDEIA DA PALHOTA / AZAMBUJA

REGION RIBATEJO

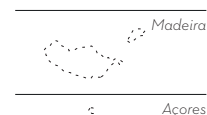
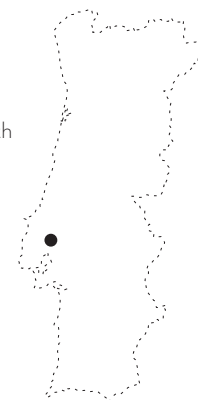
Recipe inspired on the teachings of

JOSÉ MIGUEL AMADOR in a partnership with

TERRA VELHINHA

OLIVE OIL ESPORÃO / CORDOVID

WINE ESPORÃO / SPARKLING WINE



Watch the recipe video on Youtube and subscribe our channel

