



## CATSHARK CATAPLANA WITH SEA LETTUCE

### INGREDIENTS (4 people)

500g blackmouth catshark  
200g sea lettuce (*sea spaghetti, nori or porphyra*)  
1 onion  
3 garlic cloves  
1 large oxheart tomato  
1 red pepper, roasted  
3 medium potatoes  
2dl white wine  
1 tablespoon safflower  
2 tablespoons fleur de sel  
1 chili pepper (*gindungo*)

### PREPARATION

Soak the catshark in a large bowl for eight hours, changing the water at least once.

Cut it into slices three fingers wide.

Season lightly with a little fleur de sel.

In a cataplana cooking pan, saute the thinly sliced onion with two tablespoons of olive oil. Add the crushed garlic cloves and the whole chili pepper. Soon after that, add a third of the sea lettuce. Spread a third of the catshark over the sea lettuce, and cover it with a layer of thin potato slices. Add the sliced tomato, another layer of sea lettuce, another of catshark, and the roasted pepper. Add one final layer of sliced potatoes, sea lettuce and catshark. Sprinkle with safflower, season with fleur de sel and pour in the white wine and the remaining olive oil.

Cover the cataplana and cook at medium heat for about fifteen minutes. Let it rest for five minutes and serve directly from the cataplana.

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PLACE **OLHÃO / RIA FORMOSA**  
REGION **ALGARVE**  
Recipe inspired on the teachings of  
**TONI COELHO**

OLIVE OIL **GALEGA**  
WINE **VERDELHO**

