



TOMATICÁN AND FRESH FISH

Tomaticán (For 4 people)

250g of sweetcorn

2 fresh tomatoes cut in big cubes

1/2 onion thinly sliced

1 teaspoon of dry oregano

½ teaspoon of paprika

1 garlic clove

1 teaspoon of fine salt

Fresh pepper

2 tablespoon of olive oil

200ml of vegetable stock or hot water

In a frying pan, start by frying the onion with olive oil, when it is soft and translucent, add the tomato and season with salt, pepper, oregano, paprika and garlic. Then stir and cook for 15 minutes until it looks like sauce and all the ingredients are well combined, try it!

At this time add the sweetcorn and the vegetable stock, add extra seasoning to taste and let it cook for 5 minutes until it has a stew consistency.

Fresh fish (for 4 persons)

4 fish fillets about 180 gr with skin

1 tablespoon of olive oil

½ teaspoon of sea salt

Fresh pepper

First, the fish should be fresh, clean, and scale-free. Season the fish fillets on both sides with salt and pepper. Add a little olive oil directly to the fish on both sides and start cooking the fish skin side down in a cold pan so there is less thermal shock and it does not shrink. After 5 or 6 minutes the pan is already very hot. When the skin is golden, it is time to turn the fish over. Cook it for 2 minutes, then the fish is always juicy, never overcooked!

