


BARON DE LEY
RIOJA

presenta

SABORES DE ESPAÑA

with

THE SPANISH CHEF
OMAR ALLIBHOY



PREPARATION: 10 MIN

COOKING: 40MIN

SERVES 4 -6

MARMITAKO TUNA STEW

This tuna and potato stew really is a staple of our gastronomy and one of my personal favourites. The dish originated in the Basque country, in northern Spain, where possibly the best food in the world comes from.

Ingredients

- 100ml extra virgin olive oil
- 1 large Spanish onion, finely chopped
- 5 garlic cloves, thinly sliced
- 1 green pepper, diced
- 1 red pepper, diced
- 1.2kg potatoes, peeled and clipped into 3cm pieces
- 2 tomatoes, grated
- 1 tbsp sweet paprika
- 1 pinch chilli flakes
- 1 pinch saffron
- 600g fresh tuna
- 2 tbsp fresh flat-leaf parsley
- 2L fish stock
- Salt and pepper to season

Note: Traditionally Marmitako is made with Spanish dried peppers called "pimientos chorriceros", but they can be hard to find outside of Spain.

My version uses sweet paprika, red pepper and saffron infused into the fish stock - the result is as good, if not better!

Directions

Step 1: In a saucepan pour the fish stock and sprinkle in the saffron. Warm up over low heat until needed. This will help the saffron infuse into the stock.

Step 2: Heat the olive oil in a pan over low heat and add the onion and peppers. Cook until softened for about 10 minutes. Add the paprika, chilli flakes, potatoes and fry for 2 minutes before adding the tomatoes. Fry for a further 2 minutes, then add the garlic and continue to stir frequently so the tomato doesn't burn. Pour in the stock and season with salt and pepper.

Step 3: Bring to the boil and cook for about 20 minutes until the potatoes are done and the corners are starting to crumble. Sprinkle in the parsley, add the tuna and remove from the heat (it will continue to cook with the residual heat from the stew). Leave to stand for about 5 minutes before serving.

During this time, open BARÓN DE LEY's Blanco wine, made from 3 indigenous white Rioja grape varieties: Viura, Garnacha blanca and Tempranillo blanco.

With refreshing citrus flavours, this wine is the perfect accompaniment as it cuts through the fattiness of the tuna, cleansing your palate and inviting you to drink more! SALUD!

