

Vegetable garden stew

Ingredients (4 pax):

20g Olive oil
120g Onion minced
8g Garlic minced
1unit Bay leaf
200g Pumpkin cubed 1x1cm
240g Zucchini cubed 1x1cm
40g Tomato pulp
280g Cooked red beans
4unit Egg
4g Chopped parsley
2g Salt
200g Sourdough bread
4unit Iberian ham thin slices

Method:

- 1- Stir fry onion and garlic in olive oil until golden.
- 2- Add pumpkin and zucchini, mix.
- 3- Add bean and its boiling water, tomato pulp and bay. Let it simmer.
- 4- If necessary, add water, check if it needs salt.
- 5- When the vegetables are soft, make wholes to put the eggs, cover to cook.
- 6- Sprinkle with parsley, serve with bread and ham if you like.

Necessary equipment:

Cutting board; knife; shallow pot or frying pan with lid.

Sea "cataplana"

Ingredients (4 pax):

20g Olive oil
160g Sliced onion
8g Garlic minced
280g Sweet potato with peel
100g Bell pepper sliced
120g Tomato (ripe) cubed 1x1cm
10g Fennel thinly sliced
20g White wine
160g Small cuttlefish cleaned whole
120g Clams
120g Shrimp 30/35
10g Chopped coriander
300g Green leaves salad
50g Radish thinly sliced
100g Cherry tomato halved
2g Salt

Method:

- 1- On the bottom of the pan place the olive oil, onion, and garlic.
- 2- On top of the onion place in layers first the potato then pepper, tomato, fennel, salt, cuttlefish, clam, and shrimp.
- 3- Cover the pot and place it on the stove, let it simmer. At half the time put the wine.
- 4- When the potato is cooked, about 15 min, turn it off and sprinkle with coriander.
- 5- Serve with a fresh salad or boiled vegetables.

Necessary equipment:

Cutting board; knife; "cataplana" or pot with tight lid; salad bowl.