

STEWES AND CASSEROLES

Let us show you how to cook a dish full of fabulous flavour requiring very few ingredients. What's more, it's easy to prepare and will **transport you to the landscapes of Albufera Natural Park**. Go on and try allipebre!



Serves 4

INGREDIENTS

- 1 head of garlic
- 2 bay leaves
- 1 kg of cleaned eel, cut into pieces
- 1 kg of potatoes
- Olive oil
- Sweet paprika
- 40 g of ground almonds
- 2 or 3 dried red chillies or cayenne peppers

Allipebre



STEP BY STEP

1. Peel and dice the potatoes into pieces approximately three to four centimetres in size, breaking them into irregularly shaped pieces **so that they release a little more starch** and thicken the broth. Cut and set aside in a bowl of water.
2. In a casserole dish, **preferably earthenware**, bring water to the boil with a handful of salt, the bay leaves and three whole unpeeled garlic cloves. When the water begins to boil, drain the potatoes of the water in which they were standing and add them to the dish on the heat.
3. Add the cleaned and chopped eels to the water along with the potatoes. While the potatoes and eels are cooking, add the **two chillies or cayenne peppers** to the water.
4. In a separate frying pan, heat about 30 ml of oil. When the oil is hot, **fry the ground almonds together** with three cloves of garlic that have been crushed beforehand, stirring the mixture so that it does not brown too much.
5. Once browned, remove the frying pan from the heat and, with the oil still hot and stirring continuously, add the sweet paprika to the mixture. Stir for about ten seconds and add to the casserole dish with the eel and potato. It is important to **remove the casserole dish from the heat momentarily** to prevent the oil from splattering when you add the sautéed mixture to the stew.
6. Now, with all the ingredients in the casserole dish, return it to the heat and **simmer gently for about 10-15 minutes** over medium heat, taking care that the potatoes and eel do not fall apart. Taste the broth and add salt to taste.