

Cruzcampo



COCINA TRADICIONAL 2010

LA FONTANILLA RESTAURANT

Guisote de Atún a la Fontanilla (Tuna stew Fontanilla Style)

Chef: José Marín Ramírez

INGREDIENTS

(4 people)

- 200 gr. Onions
- Garlic
- Bay
- 50 gr. Peas
- Pepper
- Oloroso (wine)
- 100 gr. Champignon Mushrooms
- Potatoes
- 50 gr. Carrots
- 1 kg Tuna Tarantelo

THIS IS HOW IT IS DONE

1. Fry the onion, garlic, carrot, peas, champignon onions, pepper and bay.
2. Season with a generous splash oloroso (wine)
3. Once the sauce has thickened, add the tuna.