

Cruzcampo



COCINA TRADICIONAL 2022

LA ALMAZARA RESTOBAR

**Guiso de Cochino del Mar
(Sea pork stew)**

Chef: Antonio García Muñoz

THIS IS HOW IT IS DONE

1. Prepare a dark sauce with the vegetables, bones and ribs, add water and cook over low heat for two hours.
2. Strain the broth and allow to reduce for one hour.
3. Seal the heart on the griddle and cut into small cubes.
4. Cook the potatoes in the broth with the paprika and the spices of the pork stew.
5. Mark the chopped parpatana in a frying pan with the pork butter and garlic.

INGREDIENTS

- Red tuna parpatana
- Red tuna heart
- Red tuna ribs and bones
- Leek, carrot, tomato and celery
- Pork stew spices
- Paprika
- Pork butter
- Garlic, salt and potatoes

TIME

3 hours and half

TIPS AND ADVICE

Add the parpatana and the heart to the stew two minutes before the potatoes are cooked.