

Cruzcampo



COCINA TRADICIONAL 2016

BAR FEDUCHY FOODIE CORNER

**Chard Stew with Red Tuna
Parpatana made with Charcoal**

Chef: Roberto Sánchez Ureba

THIS IS HOW IT IS DONE

INGREDIENTS

- 1kg of chard/ 6 garlic cloves
- 5 ripe tomatoes/ 10 g of sundried tomato
- 500g of chickpeas / 1 sack of charcoal
- 1,5 kg of parpatana (tuna) uncleaned
- 200 g of rock fish / 1 artisan breadcrumb
- 1 c/s of sweet paprika / Clams
- 1c/s of olive oil/ 1c/s of sunflower oil
- 1 c/c of salt / 1 c/s of black pepper
- 1c/s of cumin in grains

DIFFICULTY

Medium

1. Charcoal oil: We prepare a charcoal ember until the flame goes out, pour in sunflower oil and set aside for two days, strain and reserve.
2. Breadcrumbs on charcoal: Prepare a mixture of dried tomato, garlic, sunflower oil, salt, pepper, cumin and set aside. We prepare a homemade bread with a lot of crumbs, take a small piece of crumb and with a brush we soak the crumbs, and we prepare it on the charcoal embers.
3. Tuna and fish oil: Cut up the tuna parpatana by separating the meat from the bones and set aside. Likewise with the rock fish, we can flavour the oil in olive oil over low heat.
4. Chickpeas: In a pressure cooker cook the previously soaked chickpeas, add the chard and the bay leaf, when the chickpeas are tender remove the water and reserve a little, pour a glass of tuna juice oil, fry the bread and garlic until golden brown and remove, and put them in a mortar to crush them adding salt, cumin and pepper, then set aside. We make a stir-fry with the tuna juice oil that we fry the tomato and when it is ready, we pour it into the chickpea pot and reduce it with the crushed tomato.
5. Plating: Pour the stew into a deep dish, sear the parpatana on charcoal and place it on the top, the rock fish fillet in the same way, steam the clams and place them on top, drip with drops of charcoal, separate some of the chard and place them thinly for decoration, serve with a garnish of charcoal breadcrums.