

# A Galician Recipe For Fish

## Ingredients

1. 1 kg hake (Fish)
2. 2 dl **Gold Sun Pure Olive Oil**
3. 150 g onion
4. 2 kg potatoes
5. 1 tbsp flour

## Seasoning

Salt, garlic, parsley, bay leaf, thyme, paprika

## Methods

- \* Use the central part of the fish. Clean it well and cut it into thick slices. Heat the **Gold Sun Pure Olive Oil** in a saucepan.
- \* Chop the onion into small pieces and fry; stir continuously until the onion turns golden brown. Then add two cloves of crushed garlic, a tablespoon of chopped parsley and another not very full one of paprika.
- \* Cut the potatoes into not very large slices of about 6 mm and mix well, sprinkling the tablespoon of flour over everything.
- \* When the potatoes are fried, just enough eaters is added to cover them. Then the right amount of salt is added as well as six peppercorns and a clove, both ground, and bay leaf, thyme and parsley.
- \* Cook the stew for a quarter of an hour and when the potatoes are done, put them into a clay dish. The slightly salted hake slices are arranged on top of the potatoes.
- \* Put the dish into the oven for another ten or twelve minute. Serve in the clay dish.