

Sunvil Supper Club

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February 2016 - Fish and Shellfish Cataplana



Ingredients (Serving 2)

150g Sea bream
100g Prawns with shells removed
100g Razor clams
100g Clams
20g Samphire
100g Green and red peppers (cut into strips)
100g Tomatoes (chopped - from a can)
100g Onion (finely chopped)
20g Garlic (finely chopped)
20ml White wine
Olive oil
Coriander
Mint
Sea salt

Method

To make the Cataplana sauce:

- Heat the olive oil in a pan.
- Add the garlic, onions and peppers and cover – cook on a medium heat for 3-4 minutes.
- Add the chopped tomatoes, some coriander stalks and mint leaves to the pan and simmer for a few minutes.
- Add the white wine, recover the pan and simmer for 40 minutes.

To finish the dish:

- Once the sauce is cooked you can start creating your dish.
- Add the razor clams and clams to the bottom of a cataplana pot or wok.
- Then layer the sea bream over the top and cover with your cataplana sauce.
- Add additional coriander and mint (to taste), a swig of olive oil, sea salt and samphire.
- Finally add the prawns and the close the lid on your pan and simmer on a medium temperature for 10 minutes.

Serve immediately with a pinch of fresh coriander.

Cataplana is a very popular and traditional dish from the Algarve. If you have ever travelled to the southern most region of Portugal, it is very likely that you have tried it or have at least heard of it.

The recipe provided above is from the Vila Monte Hotel in Moncarapacho. This charming, rural estate is a short drive from the fishing harbour of Olhao. Every day in Olhao, you can watch boats returning from their fishing trips and sample their catch in the local markets and on the waterfront food stalls. This is the real Algarve, a resort that is proud of its heritage.

Each Saturday, guests staying at the Vila Monte can visit Olhao with the hotel's chef. Returning to the hotel in the afternoon for a cooking lesson and evening meal. Visit www.sunvil.co.uk/portugal