

Recipe for white fish with baby eels - Merluza con Gulas (two servings). In Spain, baby eels (gulas) are traditionally eaten as a celebratory meal on New Year's Eve.



A great tasting white wine that will complement any fish dish this bottle of Terra do Lobo comes from Galicia

Ingredients: two fresh fillets of merluza (haddock or hake, depending where you live...you could also use any other white fish)

half an onion, thinly sliced

2-3 cloves of garlic, minced

3 large tomatoes, chopped coarsely

handful of fresh parsley, chopped

bit of fresh basil, 2 lemon wedges

pack of gulas -baby eels

one piece dried whole cayenne pepper

sea salt and pepper to taste

2 tbsp or so olive oil (Cooking time: 20 minutes)

Method: sauté the garlic and onion together in olive oil for a few minutes. Once soft, add chopped tomatoes, parsley, basil, salt and pepper. Cover and let simmer on medium for ten minutes or so, until tomatoes are soft. On the side, heat up a bit more olive oil and sauté the baby eels for 2-3 minutes with the cayenne pepper. Set aside. Once tomatoes are soft, nestle your fish fillets into all the goodness; make sure they get covered with the sauce. Cover and let cook for five minutes or so, until the fish is cooked through. Add baby eels at the end. Squeeze a bit of fresh lemon juice on there and serve.

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