

Flying squid stew

INGREDIENTS:

500 gr of Flying squid in rings
1.5 kg of potatoes
1 small onion
2 cloves of garlic
1 green pepper
2 carrots
80 gr of natural peas
1 glass of fried tomato
1 glass of white wine
½ l of fish stock
1 bay leaf
1 teaspoon sweet paprika
1 teaspoon of saffron or food coloring
Olive oil
Salt

Preparation:

1. Chop the onion, the pepper and the garlic. Cut the carrots into slices and cut the potatoes into segments.
2. Take a pan, pour some olive oil and fry the onion and the pepper on medium-low heat, when the vegetables are tender add the garlic, fry for two minutes and add the fried tomato, the wine and the fish stock. Cook for 5 minutes, on medium-high heat, stirring the sauce to bind the flavors.
3. Add the flying squid and the bay leaf, pour the rest of the fish stock until is covered, cook for 10 minutes.
4. Add the potatoes, the carrots, the peas, the saffron, salt to taste, the paprika and cover all the ingredients with water.
5. Cook on medium-low heat until everything is tender.