



Cooking a Cataplana



If you enjoy local food and would like to try your hand at some traditional Portuguese cuisine then read on and learn the art of cooking Portuguese style from Green & Red Magazine's own chef Catrin George.

Catrin is passionate when it comes to Portuguese food and tells us that the town markets of the Algarve offer a huge selection of tasty ingredients all year long. Says Catrin, "In every region of the Algarve, one can find significant and typical meals, traditional specialties, gorgeous sweets and other mouth seducing dishes"

In this issue Catrin instructs on how to prepare a traditional cataplana. Tourists new to the area will have seen large copper pots of two halves decorating the walls of most of the

restaurants in the Algarve. These are Cataplana pots they will be found in every Portuguese kitchen. One half of the pot is for the cooking and the other half is the lid, which holds the juices in while cooking and keeps the food hot after being brought to the table. So get the stove fired up, follow Catrin's recipe and enjoy your own home-made cataplana.

Catrin George

*cooks for you & your friends
always fresh & always tasty*

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Seafood Cataplana/ Cataplana de Peixe e Marisco

Ingredients:

Some dashes of Olive oil
2 tbsp. Portuguese butter
Pinches of salt, red sweet pepper, pepper and bayleaf.
Half a litre white wine
Cut and boneless salmon, hake, monkfish, seabass.
Mussels, cockles, clams with shell.
Prawns, peeled and cleaned with head and tail
150 g of finely chopped bacon
2-3 onions cut in half, finely sliced
4-5 garlic cloves peeled and chopped
2 red and 1 green pepper, deseeded and finely sliced
Fresh ripe tomatoes, finely chopped
One small tin of peeled tomatoes, blended with a food blender
Small jacket potatoes boiled and peeled.
1 bunch of finely chopped coriander leaves.

Preparation: Basic Fond:

1. Heat up olive oil and pork grease in a heavy based frying pan
2. Cook all vegetables plus bacon for about 5 minutes until soft. Add the spices
3. Refresh with half of the white wine
4. Bring back to cooking and add the fresh and the tinned tomatoes, stir well and verify salt
5. Bring to boil again, then reduce the heat and let the pepper tomato fond simmer for 10-15 minutes to combine the flavours.

Cataplana

1. Pour a little olive oil on the bottom of the Cooking Half of the Cataplana Bowl
2. Pour in the prepared tomatoes fond
3. Place the pieces of fish, shellfish and prawns on top. For appearance place the prawns in a circle with heads towards the center
4. Surround the filling with prepared potatoes.
5. Sprinkle half the chopped coriander on top, add the rest of white wine and sprinkle some pinches of salt over the prawns.
6. Close the Cataplana bowl for cooking – 15-20 minutes with gas, 30-40 minutes with electricity.
7. Serve the Cataplana directly on the table, sprinkle the rest of the coriander while serving.