

RECIPES

CHRISTMAS 2019



*Fish and
seafood*

MERCADONA





Hake

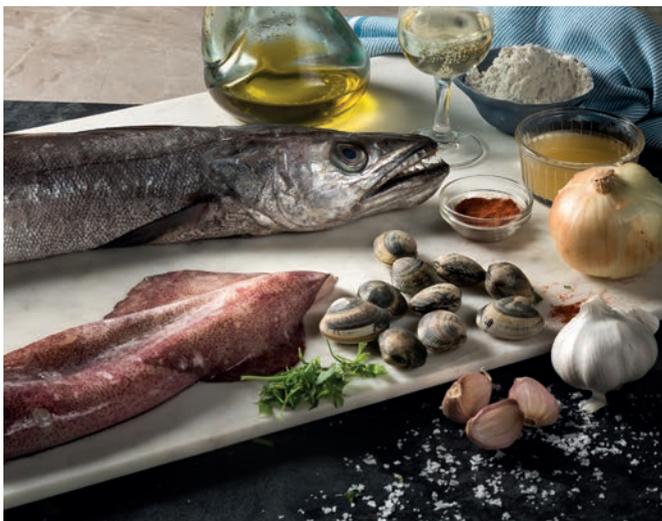
WITH CALAMARI NOODLES AND CLAMS WITH CAVA

 x 4  25 min

EASY TO MAKE

INGREDIENTS

- 4 hake fillets
(around 200 g each)
- 2 squid
- 3 garlic cloves
- Parsley
- 1/2 kg clams
- 1/4 sweet onion
- Wheat flour
- 1/2 cup cava
- 1/2 cup fish broth
- Extra virgin olive oil
- Salt flakes
- Sweet peppercorn



PREPARATION

1. Salt the hake. In a hot frying pan, cook it skin side down to keep it juicy. After 2 minutes, cover and set aside.
2. In another large frying pan, sauté some finely diced onion, add a half spoonful of flour, stir, then add the clams and the cava. Allow the alcohol to evaporate and add a little fish stock. Add the hake and cook for around 2 or 3 minutes over a low heat.
3. Cut the squid into very thin strips.
4. Pound the garlic and parsley in a mortar.
5. In a frying pan with very hot oil, sauté the squid with the diced garlic and parsley.
6. Serve one hake fillet with a portion of squid and clam on each plate. Sprinkle with some sweet paprika and chopped parsley.





Grilled **salmon**

WITH CITRUS POTATO PURÉE AND CHIVE MAYONNAISE

 x 4  30 min

EASY TO MAKE

INGREDIENTS

- 4 salmon fillets, around 170 g each
- 400 g potatoes
- 1 lemon
- Extra virgin olive oil
- Salt flakes
- Black peppercorns (with mill)
- Mild mayonnaise
- Chive (or dill)



PREPARATION

1. Boil the peeled and cut potatoes. Blend them in a food mill, or mash them with a fork, then add olive oil, freshly ground pepper, lemon juice and salt.
2. Finely chop the chive and mix it with the mayonnaise.
3. Pre-heat a cast-iron skillet or a grill pan with a small amount of oil and cook the salmon seasoned with salt and pepper to taste. When you turn it over, cover the pan for a few minutes to create steam and make it juicier.
4. Serve the salmon over a layer of purée and decorate with mayonnaise and some chive.



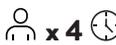
TIP

It's best to get a skinless salmon fillet. If it does have skin, always start cooking skin-side down to keep it juicy.



Cod loins

WITH BREAD, OLIVES AND BROCCOLI POTATO PURÉE

 x 4  40 min

EASY TO MAKE

INGREDIENTS

- 4 desalted cod fillets
- 1 round bread of around 350 g
- Black olives
- 1/2 cup white wine
- Parsley
- 1 large broccoli
- 2 large potatoes
- Butter
- 1/2 cup milk
- Salt flakes



PREPARATION

1. Prepare the cod fillets. Remove the bones.
2. Crumble the bread and mix with finely chopped parsley and black olive slices. Add a 1/4 cup of white wine.
3. Boil the broccoli and the two potatoes and then blend them in a food mill with some butter, salt and a half cup of milk.
4. Pour the rest of the white wine into an oven dish and place the cod on top. Cook in a pre-heated 180 °C oven for 6-7 minutes.
5. Remove the cod from the oven and spread the purée over the fillets, sprinkling the bread crumb mix on top.
6. Bake for another 10 minutes until the crust is gold and crunchy.

TIP

It's best to boil the vegetables peeled and cut into small pieces: cook the potatoes 15 minutes and the broccoli 5 minutes.





Prawn tails

WRAPPED IN GRAIN-FED IBERIAN HAM WITH MELON BALLS

👤 x 4 🕒 15 min

EASY TO MAKE

INGREDIENTS

- 12 freshly cooked prawns
- Grain-fed Iberian ham
50% Iberian breed
- 1/2 melon
- Salt flakes
- Black peppercorns
(with mill)
- Extra virgin olive oil
- Lemon
- Chive



PREPARATION

1. Peel the prawns.
2. Wrap them with a slice of ham and set aside.
3. Use a melon baller to make melon balls, put them in a bowl, and dress them with oil, black pepper, the juice of half a lemon, a pinch of lemon zest and salt.
4. Serve in the dish and sprinkle with chives.



TIP

Leave the head on when you peel the prawns for a more attractive result.





King prawns

WITH BOMBAY SAUCE

 x 4  15 min

EASY TO MAKE

INGREDIENTS

- 12 king prawns
- 1 tin coconut milk
- 2 ripe plum tomatoes
- 1 bunch coriander, chopped (or parsley)
- 1 spoonful of curry powder
- Sunflower oil
- Salt flakes



PREPARATION

1. Pre-heat a frying pan with a small amount of oil. Cook the king prawns 1 minute on each side then set aside.
2. In the same frying pan add the coconut milk, the 2 grated tomatoes and the curry powder. Cook for 5 minutes. Add the peeled prawns. Salt and cook on medium heat for another minute.
3. Serve with the king prawns and sprinkle with coriander (or parsley).



TIP

Add the juice from the heads of the prawns to the sauce.





Mussels in marinara

WITH CHERRY TOMATOES, ONION, GARLIC, HERBS AND WHITE WINE

👤 x 4 ⌚ 20 min

EASY TO MAKE

INGREDIENTS

- 1 kg mussels
- 1/4 sweet onion
- 2 garlic cloves
- 1 dozen cherry tomatoes
- 10 g fresh parsley, chopped
- 10 g basil
- 1/2 cup white wine
- Extra virgin olive oil
- 25 g butter
- Black peppercorns (with mill)



PREPARATION

1. Clean the mussels thoroughly.
2. Finely chop the onion and garlic. Sauté with a little oil on medium heat.
3. Add the mussels with the butter, the white wine, the chopped parsley and freshly ground pepper. Cover and cook for 3 minutes.
4. Cut the cherry tomatoes in half and add to the pan. Cook for 2 more minutes and then serve.
5. Decorate with fresh basil leaves and finely chopped parsley.

TIP

Prepare just before serving. If you have to keep them overnight, put them in the fridge wrapped in a damp towel.



Seafood cooking times

	Minutes	Salt ⁽³⁾
Clams	3-4 ⁽²⁾	45 g
Cockles	3 ⁽²⁾	45 g
Mussels	3-5 ⁽²⁾	—
Medium prawn ⁽¹⁾	1-2	50 g
Large prawn ⁽¹⁾	2-3	50 g
Medium lobster ⁽¹⁾	20	60 g
Large lobster ⁽¹⁾	25-30	60 g
Bodies and claws	6	50 g
Spiny lobster ⁽¹⁾	20	60 g
Medium brown crab	18	60 g
Large brown crab	20	60 g
Medium crab	5	60 g
Large crab	6-7	60 g
Medium spider crab	15	60 g
Large spider crab	18	60 g

(1) Once cooked, put them directly into a bowl of cold water (with ice if possible) and add the salt.

(2) Steam over a half finger of water and remove them as they open (add a few bay leaves to taste).

(3) Grams per litre of water. A large spoonful is approximately 15-20 g of salt.



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