



45'



4 PAX



DIFFICULTY
LOW



GLUTEN FREE
LACTOSE FREE



KCAL*
287

NUTRITIONAL INFORMATION (by ration)

23,4	Protein
18,3	Carbs
11	Total fat
1,8	Saturated fat
6,2	Monounsaturated fat
1,7	Polyunsaturated fat
0,11	Cholesterol
3	Fiber
0,42	Sodium

ALLERGENS
sulphites, fish

* Kcal by ration



FISH

ORIO-STYLE HAKE WITH PANADERA POTATOES

PONS

USE:



PONS SELECCIÓN FAMILIAR
EVOO Arbequina



PONS CHILI INFUSED
EVOO Infused with Chili



PONS VERMOUTH VINEGAR
Vermouth Vinegar

PAIR:



SISQUELLA
White wine



FLOCS ROSÉ
Cava Brut Rosé

INGREDIENTS

- 800 kg** Deboned hake (or 1.1 kg with bones)
- 4** Medium peeled potatoes (500 g)
- 2** Medium onions (200 g)
- 4** Cloves of garlic
- 100 ml** Clos Pons Sisquella White wine
- 25 ml** Pons Selección Familiar Arbequina
- 10 ml** Pons Vermouth Vinegar
- 6 ml** Pons Chili Infused Oil
- Salt
- Pepper

UTENSILS



Oven and tray



Saucepan



Knife

OBSERVATIONS

Be extremely careful when pouring the vinegar into the oil with the garlic, as splashing may occur. Have the cover and/or anti-burn gloves prepared ahead of time.

ELABORATION

- Cut the hake into 4 portions (boneless fillets or round steaks with bones)
- Cut the potatoes into rounds, julienne-cut the onions and salt and pepper.
- Put the potatoes and onions in a pan in the oven at 180 °C with the white wine and 5 ml of Pons Arbequina Family Selection Oil for about 40 minutes (cover with tinfoil if it toasts too much). 🔥
- When the panadera potatoes with onions is cooked, browned and dry, add the salt-and-peppered hake with the skin facing down and leave for 8 to 10 more minutes in the oven. 🔥

Orio sauce:

- Put the Pons Arbequina Family Selection Oil along with the garlic slices on low heat. 🔥
- When the garlic begins to brown, add the Pons Vermouth Vinegar and immediately turn off the heat and cover the pot. Allow the vinegar to evaporate. 🔥

Finishing touch:

- When the hake has finished cooking in the oven, dress it with the orio sauce and a drizzle of Pons Chili Infused Oil.

🔥 Medium heat 🔥 Low heat