



KCAL*
223

NUTRITIONAL INFORMATION (by ration)

31,2	Protein
13,6	Carbs
3	Total fat
0,93	Saturated fat
0,18	Monounsaturated fat
1,1	Polynsaturated fat
0,29	Cholesterol
4,2	Fiber
0,49	Sodium

ALLERGENS
mollusks, sulfits

* Kcal by ration



50'



4 PAX

DIFFICULTY
LOW



GLUTEN FREE
LACTOSE FREE



SQUID AND ONION CONFIT STEW

PONS

USE:



**PONS SELECCIÓN
FAMILIAR
TRADICIONAL**
EVOO



**PONS WITH
TABASCO®**
EVOO with
Tabasco®



**PONS VERMOUTH
VINEGAR**
Vermouth Vinegar

PAIR:



ALGÉS
Black wine



ROC DE FOC
White wine

INGREDIENTS

- 1 kg Small squids, cleaned (6-8 pieces/kg)
- 1 kg Onion, julienne cut
- 1 Head garlic, sliced
- 80 ml Pons Selección Familiar Tradicional
- 50 ml Roc de Foc
- Salt
- Pepper

ELABORATION

1. Pour the oil into a pan and add the sliced garlic. When the garlic begins to turn golden, add the onion and allow the mixture to cook for 20 minutes on low heat with the pan covered. 🔥
2. Once the water in the onion has evaporated, add the white wine and allow the mixture to cook until it becomes quite concentrated and with a lovely golden colour. Remove the contents of the pan and set aside. 🔥
3. Add, to the empty pan, the rest of the oil and the cold squid to the empty pan and let cook slowly with the pan covered. 🔥
4. When the squid change colour, add the previously caramelised onion, stir the mixture, cover the pan and allow the cooking juices to evaporate (it can take 35 minutes, more or less). Stir the mixture every 8 minutes to prevent it from sticking. 🔥
5. Towards the end of cooking, add salt and pepper to taste. Allow to cook for 5 more minutes. 🔥
6. Once on the plate, dress with a few drops of Pons with Tabasco®.

UTENSILS



OBSERVATIONS

To clean each squid, twist the sack from the head and empty the sheath and its contents. Cut out the eyes, remove the mouth and twist back the head. You can also ask your trusty fishmonger to clean them at the time of purchase.

🔥 Low heat