



40'



4 PAX



DIFFICULTY
LOW



GLUTEN FREE
LACTOSE FREE



KCAL*
214

NUTRITIONAL INFORMATION (by ration)

20,5	Protein
7,1	Carbs
10,4	Total fat
1,6	Saturated fat
5,9	Monounsaturated fat
1,6	Polyunsaturated fat
0,09	Cholesterol
4,9	Fiber
0,45	Sodium

ALLERGENS sulphites

* Kcal by ration



FISH

VEGETABLE STEW WITH STEAMED HAKE

PONS

USE:

PAIR:



PONS SELECCIÓN FAMILIAR
EVOO Arbequina



PONS CHARDONNAY VINEGAR
Chardonnay Vinegar



JAN BLANC
White wine



SISQUELLA
White wine

INGREDIENTS

- 600 g Filleted hake
- 200 g Green asparagus spears
- 150 g Peas
- 150 g Broad beans
- 150 g Broccoli
- 150 g Green beans
- 100 g Fresh spinach
- 4 Big cabbage leaves
- 2 Scallions
- Cooking liquid*
- Fresh rosemary
- Pons Selección Familiar EVOO Arbequina
- Pons Chardonnay Vinegar
- Salt
- Pepper

UTENSILS



Knife



Chopping
board



Pot



Steamer

OBSERVATIONS

* We can be creative with steam cooking liquids as they add aroma to the steam that will cook the food. For fish and seafood the following combination is fantastic (per litre of water; 100 ml Chardonnay vinegar, 50 g carrot, 50 g onion, a few grains of black pepper and a bay leaf or rosemary in this case).

ELABORATION

1. Clean and cut the vegetables as desired and set aside.
2. Clean and cut the hake fillets; salt and pepper them lightly and set aside.
3. Add the cooking liquid (water, fish stock, wine...) to the bottom of the steamer and bring it to the boil*.
4. When steaming the vegetables, take into account the different cooking times, starting with those that take the longest to cook and finishing with those that take the least at the end. Cooking should ALWAYS be done with the steamer COVER ON!

Order and time of cooking:

5. Fresh green beans - 30 minutes (add first).
6. Fresh broad beans - 20 minutes (add after 10 minutes).
7. Fresh peas - 12 minutes (add after 18 minutes).
8. Portion of hake (150 g) - 10 minutes (add after 20 minutes).
9. Asparagus (soft part), cabbage leaf and broccoli, scallions - 8 minutes (add after 22 minutes).
10. Check that everything is perfectly cooked when the cooking time is up. Dress with vinegar and serve.

For the vinaigrette:

11. Vigorously mix in a bowl: 4 parts Pons Selección Familiar EVOO Arbequina oil, 1 part Pons Chardonnay vinegar, a pinch of salt and pepper and, before serving, dress our steamed recipe.
12. Garnish with some fresh rosemary.



High heat



Medium heat



Low heat