



Recipe
suggestions

Marimatko - a Basque tuna stew (serves 4)

Ingredients

- > 2 tbsp olive oil
- > 1 Spanish onion, peeled and chopped
- > 2 garlic cloves, peeled and chopped
- > 2 tuna steaks, diced
- > 400-600g potatoes, peeled and cut to medium size
- > 3 green peppers, deseeded and chopped
- > 2 plum tomatoes, puréed
- > Salt & pepper

Method

- > Gently fry the onions in the olive oil with the garlic, until golden.
- > Mix potatoes and peppers in flameproof casserole dish and add just sufficient warm water to cover them. Bring to boil, cover and simmer for 15 minutes - the potatoes should not be quite cooked.
- > Add all the other ingredients, stir briefly, bring back to the boil, then cover and simmer for a further five minutes.
- > Serve with rustic bread.

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