



MONKFISH CALDEIRADA



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Chef: Renato Costa

Select the head and the livers of a monkfish • Cut the head into small pieces • Season with salt • Place into a saucepan some extra virgin olive oil, an onion cut into rings, chopped garlic, a bay leaf and some clams • Add a layer of sliced potatoes • Season again • Add the fish, the whole monkfish livers and a few Algarve coast shrimps previously seasoned with salt • Cover with another layer of sliced potatoes, chopped garlic, finely sliced ginger, and red pepper cut into slices • To finish add some rosemary, parsley and coriander • Add ½ a litre of white wine and heat

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