



EEL STEW



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Chef: Renato Costa

Rub the eels with rock salt to make the skin less viscous • Cut into small chunks • Season with rock salt before cooking • Brown some chopped garlic and onions in a pan • Add half a chopped red pepper, chopped parsley and coriander, mint, a bay leaf and half a chilli pepper • Mix the eel chunks into this mixture • Add half a litre of white wine and a little water • Season to taste • Add some oregano and rosemary • Leave to simmer • Serve on a dish over slices of “rolão” bread toasted in the oven

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