



My Grand Prix Tea



A World Food Tour



<https://worldfoodtour.co.uk>

# Merluza A La Gallega

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 [Like](#)

 40 minutes

 Serves 4

 Easy

*A one pot fish dish from Galicia*



## Ingredients

- 50 ml Olive Oil
- 2 Onion  
sliced thinly
- 6 cloves Garlic  
sliced
- 2 tsp Paprika
- 70 g Chorizo
- 100 g Padron Peppers  
sliced
- 900 g Floury Potatoes  
peeled and sliced lengthways
- 85 ml White Wine
- 300 ml Water
- 4 x 225g steak Hake



## Directions

Merluza A La Gallega is a one-pot fish dish from Galicia, flavoured with paprika and chorizo. If there is one thing that is guaranteed to make me feel squeamish it is the phrase 'fish soup' or even worse 'boullabaisse'. I feel sick even typing that last word. However I am now converted or at least I have found a dish that is as close to fish soup as you will get me to try and to my surprise I loved it. Thank you Rick Stein for the recipe.

To be honest it is not that much of a surprise I was always going to like a meal that has chorizo in it. The onion, chorizo, peppers and potatoes cook first in the dish and then the fish is essentially steamed on top of it at the end. You can serve it like mine with less sauce or more like Rick does making it a little too close to fish soup for my liking.

One thing I almost forgot to mention, padron peppers! They are fabulous, 1 in 10 is really spicy and the rest have a mild flavour, they are pepper equivalent of Russian roulette – enjoy!

P.S. I hope my rant about fish soup hasn't put you off, it really is quite delicious. The recipe has landed firmly near the top of my fish list.

## Steps

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**1**

Heat the olive oil in a terracotta cazuela or a shallow flameproof casserole.

DONE

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**2**

Add the onions and garlic and cook gently until soft.

DONE

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**3**

Add the paprika and fry for 2-3 minutes, then add the chorizo sausage and green peppers and fry for another 3-4 minutes.

DONE

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**4**

Stir in the potatoes, then pour in the wine and water, season with some salt and pepper and simmer for about 10 minutes, until the potatoes are just tender and the liquid has reduced a little.

DONE

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# 5

Season the hake steaks well on both sides. Put them on top of the potatoes, cover and simmer for 8-10 minutes, until the hake is cooked through.

○ DONE

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