



Mackerel and chickpea stew

6 small fresh mackerel,
cleaned with their heads
removed
Plain flour
4 tbsp olive oil
1 kg fresh tomatoes, peeled
and pureed
500 ml fish stock
A pinch saffron threads
400 g tin of chick peas,
drained

For the picada:
6 garlic cloves
1 red pepper, roasted and
peeled
12 blanched almonds
12 hazelnuts, skinned
1 slice white bread, fried in
olive oil until golden brown
3 tbsp chopped parsley
A few drops of white wine

Dredge the mackerel in a little flour, then fry in olive oil until browned on both sides. Remove and reserve.

Put the picada ingredients, except the oil, in a food processor and blend until smooth. Work the oil in, then fry in the fish pan for a minute.

Add the tomatoes and fish stock, cook for five minutes or until thickened, stirring occasionally.

Return the fish to the pan with the saffron and chickpeas. Simmer for 15 minutes. Test that the fish is cooked in the thickest part and season with salt and pepper.

Serve with bread and salad.

Serves 6

