

Rock and shellfish fish stock

Cuisine: **Spanish**
Food category: **Other**



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Program steps

Preheating: 250 °C

- 1

hornear bresa de verduras, pescado y marisco



Hot air



100 %



Termination by time



00:30 hh:mm



220 °C



100 %


- 2

gastro hondo con la bresa, pescado, marisco y sofrito cubrir con agua



Hot air



100 %



Termination by time



01:00 hh:mm



120 °C



100 %



Ingredients - number of portions - 10		
Name	Value	Unit
head of garlic	1	pcs
mrkev	300	g
leek	1	pcs
onion	300	g
celery stalk	2	pcs
morralla	2000	g
head of monkfish	2000	g
galera	2000	g
shrimp heads and shells	500	g
voda	20	l
tomato sauce	200	g
paprika	50	g

Nutrition and allergens	
Allergens:	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	39.3 kJ
Carbohydrate	8.3 g
Fat	0.8 g
Protein	1.2 g
Water	27 g

Directions

Cut the vegetables to make the mirepoix roughly, wash them. Place the vegetables on trays.

Arrange the small fish and shellfish on trays and drizzle with olive oil, toast in the oven alongside the vegetables.

Once all the ingredients are toasted, combine them in a deep gastro, add the toasted paprika with the sofrito, and cover with water.

Cook, let infuse for 1 hour and strain.