



This how Vieja fish paste, with ‘autodate’ coated potatoes, scarlet shrimp and Valleseco apple spheres is made

INGREDIENTS AND COOKING METHOD

Textured Vieja fish

2 cleaned vieja fish

2 cloves of garlic

50 ml extra virgin olive oil

Salt to taste

Parboil the de-skinned and deboned vieja fish. Once cooked, place into a blender with the rest of the ingredients and mix into a paste.

Crunchy fish scales

Vieja fish scales

Extra virgin olive oil

Dry the scales off in the oven for half an hour at 100°C. Fry them at 180°C for two minutes until they become crunchy.

Coated potato

A large Canary ‘autodate’ potato

Extra virgin olive oil

Chop the peeled potato into large chunks, which are the base for the presentation of the recipe. To coat the potato, dip the potato chunks in the olive oil until they are covered. Put into the oven at 70°C for an hour.

Scarlet shrimps

100 ml. oil infused with two scarlet shrimps.

Boil the oil with the two scarlet shrimps at 70° for 3 hours.

When the time is up, take out the shrimps and leave 100 ml of oil and mix with 100 gr of maltosec . Mix to the ideal texture.



Apple spheres

1 l of natural Valleseco apple juice

Calci 10 gr

1 litre mineral water

10 gr algi

Blend in the apples in a juicer to obtain the juice.

Then mix the juice and the Calci together in a blender.

Separately mix the water and calcium alginate together in the blender.

With a spoon, pour the apple juice and calci mixture into the water and algi mix. Leave it submerged for three minutes until balls are formed and then take them out carefully.