



14 RECIPES WITH A TASTE OF THE SEA





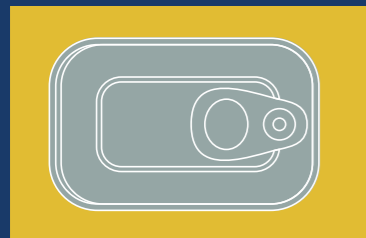
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INTRODUCTION



Galicia is a land of sea and fishing. Its coast, by the Atlantic Ocean, is a privileged place that stands out for its excellent fishing, aquaculture and processing industry. But inland and to its last corner, the saltpetre permeates the lifestyle, a combination of sea and land that results in a unique culture. The sea is a way of life, a feeling, a kind of identity that affects the culture and gastronomy of a people linked to the sea.

There is a secret in Galicia... When the north and northeast winds hit its coasts, a unique phenomenon occurs that turns this land into a source of the best fish and shellfish in the world: the upwelling. This phenomenon, added to the Galician orography itself, causes the surface waters to enter the open sea, constantly regenerating the estuaries with cold waters rich in nutrients that feed a great diversity

of fish and shellfish species of the highest quality. The basis for the development of a sea industry, which has configured its towns and cities, creating a territory and its people around a product that has conquered seas and has become international.

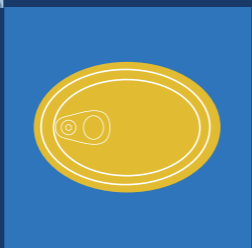
For all these reasons, in Galicia there are capacities in know-how, tradition, competitiveness and a human team that are the key to its longevity and success in the canned fish and shellfish industry. A nutritious, delicious and as versatile product as you can imagine. And for this reason, in this recipe book fourteen recipes that bring the full flavour of the Galician Sea to your palate are presented.

Enjoy them!

CARBONARA

with **TUNA**

1 CAN OF TUNA IN OLIVE OIL
2 WHOLE EGGS AND 2 YOLKS
250 G OF PASTA
50 G OF OLIVES
CAPERS
2 GARLICS
BLACK PEPPER
SALT TO TASTE



Cook the pasta and set aside the cooking water. Make a sauce using the olives, capers, garlic and oil from the can. Add the tuna and this sauce to the pasta. Beat the eggs with pepper and add to the pasta.



SEA URCHIN

toast

1 CAN OF SEA URCHIN CAVIAR
10 GLASS BREAD TOASTS
4 PITTED DATES
30 G OF BUTTER
FRESH DILL



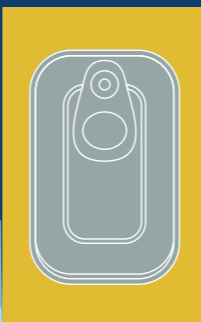
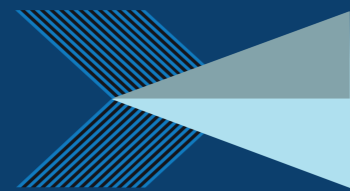
Let the butter warm and remove the liquid from the canned sea urchin. Cut some dates into thick slices. Spread the glass bread with a good layer of butter, place two date slices on it and cover them with the sea urchin caviar. Garnish with another date slice and a sprig of fresh dill.



SERRANO HAM

and small **SARDINE** *wrap*

1 CAN OF SMALL SARDINES
IN OLIVE OIL
4 SLICES OF SERRANO HAM
TORTILLA FOR WRAP
OREGANO, THYME AND GARLIC
OLIVE OIL
CHILLI
AVOCADO
SALT



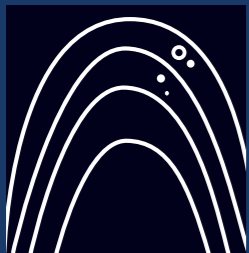
Cut the avocado into long strips and place it on the wrap. In a separate container, mix the olive oil, oregano, thyme, salt and minced garlic. Place the Serrano ham in the wrap and spread the oil mixture on top. Place the small sardines along the wrap and sprinkle the chilli on top.



MUSSEL

stuffed **POTATO**

1 CAN OF PICKLED MUSSELS
2 LARGE POTATOES
4 TABLESPOONS OF MAYONNAISE
PARSLEY

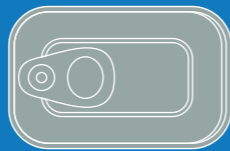


Cook the potatoes with their skins in water or a microwave and empty the potatoes with a spoon. Emulsify the mayonnaise with the pickle sauce from the can and add the chopped parsley. Fill the potato with the mixture and add the mussels. Put in the oven for 10 minutes. Garnish with a mussel and sprinkle with spices.



RAZOR CLAMS *in* HOLLANDAISE *sauce*

1 CAN OF NATURAL RAZOR CLAMS
6 LETTUCE HEART LEAVES
1 EGG
60 G OF BUTTER
LIME & MUSTARD
PEPPER
SALT



Melt the butter taking care not to overheat and separate the buttermilk and fat. Reserve. Arrange in a bowl: 1 egg yolk, salt, pepper, 1 squeeze of lime and 1 teaspoon of mustard. Add the butter little by little on the yolk while beating with manual rods until the sauce thickens. Place the razors on a lettuce leaf and cover with the express hollandaise sauce. Garnish with lime zest and a coriander leaf.

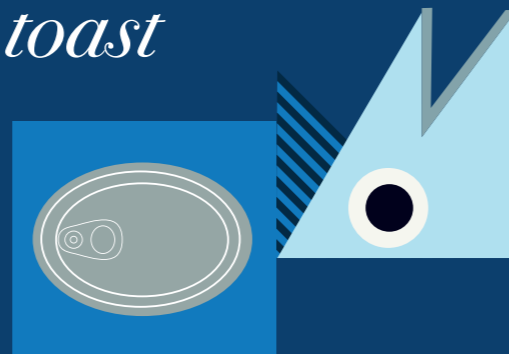


SALMOREJO

and **TUNA BELLY**

toast

1 CAN OF YELLOWFIN TUNA BELLY IN
OLIVE OIL
1 SLICE OF BREAD
VIRGIN OLIVE OIL
PROVENÇAL HERBS
100 ML SALMOREJO
PARSLEY
PEPPER

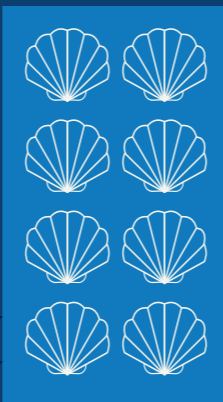


Toast the bread in the oven greased with a little olive oil and Provençal herbs. Put a few tablespoons of salmorejo on top of each slice, place the tuna belly with a little oil from the can, garnish with parsley and pepper to taste.



MEXICAN QUEEN SCALLOPS

1 CAN OF QUEEN SCALLOPS IN SAUCE
1 AVOCADO
8 TOASTS OR THIN CUT BREADS
RED ONION
HOT SAUCE
CORIANDER
LIME
SALT



Crush the inside of an avocado with the help of a fork until getting a puree. Add to the puree the juice of half a lime, salt and a few drops of hot sauce to taste. On a thin bread or cookie, arrange a good layer of avocado puree. On top, place the queen scallop with a little of its sauce and garnish with a ring of red onion and coriander.



express fideuá of

BABY SQUID *in its ink and* _____ **COCKLES**

1 CAN OF BABY SQUID IN ITS INK

1 CAN OF NATURAL COCKLES

250 G OF THIN NOODLES

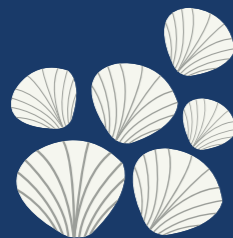
80 G FROZEN PEAS

2 TABLESPOONS OF TOMATO SAUCE

½ L WATER OFF FISH BROTH

1 GARLIC CLOVE OR ¼ SPRING ONION

OLIVE OIL



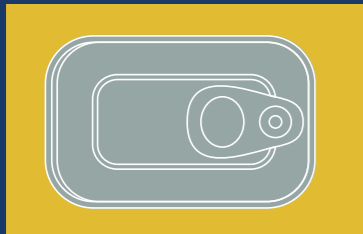
Brown the garlic or spring onion in a frying pan, add the noodles and let them toast. Add the baby squid along with all their covering liquid, stir for a few minutes and add the tomato sauce, the almost cooked peas and mix. Now add the cockles and the covering liquid together with the fish broth, stir and cook.



MACKEREL PÂTÉ *with*

breadsticks and carrot

1 CAN OF MACKEREL IN OLIVE OIL
200 G OF FRESH CHEESE
50 G OF WALNUTS
HOT SAUCE
BREADSTICKS AND CARROTS

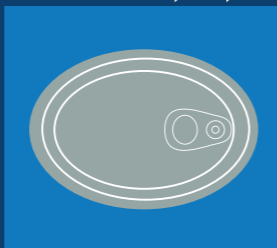


Drain the mackerel from its oil. In a blender, beat the mackerel with the fresh cheese and the walnuts until you get a thick paste. Season generously with a hot sauce to taste. Present the mackerel pâté accompanied by various breads and raw vegetables to dip.



ALBACORE TUNA *and* ANCHOVIES *pizza*

1 CAN OF ALBACORE TUNA
IN OLIVE OIL
1 CAN OF ANCHOVIES IN OLIVE OIL
PIZZA DOUGH
3 TABLESPOONS OF FRIED TOMATO SAUCE
2 TOMATOES & 2 MOZZARELLA BALLS
FRESH BASIL
OLIVES

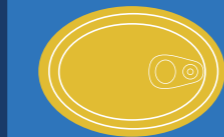


Spread the tomato sauce evenly on the pizza base. Add the cheese slices on top of the base and place the fresh tomato slices on top. Garnish with olives and spread the juice of the anchovies on top of the pizza and put it in the oven. When removing it, add the tuna, the anchovies and the basil to achieve a juicier texture in the recipe.



TUNA *whit goat* CHEESE

1 CAN OF YELLOWFIN TUNA IN OLIVE OIL
8 THIN TOASTS
100 G OF GOAT CHEESE
GREEN AND BLACK OLIVES
FRESH CHIVES



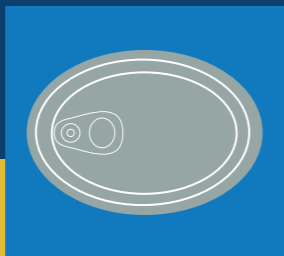
On a base of thin toasts, place the goat cheese previously cut into small squares. Do the same with the yellowfin tuna and put it on top of the cheese, creating a mountain. Garnish with chopped green and black olives and fresh chives.



COCKLES

whit O CEBREIRO *cheese*

1 CAN OF NATURAL COCKLES
80 G OF O CEBREIRO CHEESE
OLIVE OIL
LIME ZEST
GROUND PEPPER
SALT

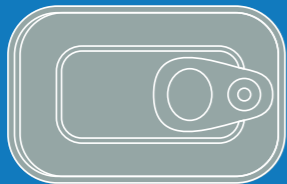


Place the cheese on the base and add the cockles on top. Subsequently, add the lime and sprinkle with salt and ground pepper.



PICKLED MUSSEL *with* _____ ROASTED TOMATO

1 CAN OF MUSSELS IN PICKLED SAUCE
8 BASKETS OF SHORTCRUST DOUGH
8 CHERRY TOMATOES
OLIVE OIL
BALSAMIC VINEGAR
SALT AND THYME



Roast some cherry tomatoes in the oven at 190° seasoned with olive oil, balsamic vinegar, salt and pepper for 15 minutes. Remove when they begin to wrinkle. Present in each basket 1 pickled mussel accompanied by 1 cherry tomato. Garnish with fresh thyme.



SARDINES *with* TOMATO *vinaigrette* *and black olive oil*



1 CAN OF SARDINES IN OLIVE OIL

1 RIPE TOMATO

1 CAN OF BLACK OLIVES IN OLIVE OIL

Drain the sardines and remove the loins. For the vinaigrette, peel the tomato and remove the pulp, chop it into small cubes, add virgin olive oil, a pinch of salt, pepper and a few drops of sherry vinegar. For the black olive oil, blend the olives with olive oil until getting a paste, not too thick. Place the loins on a platter with the vinaigrette and black olive oil on both sides.



CANNED FISH *and* SEAFOOD

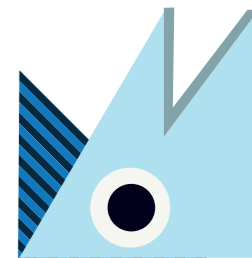
versatile, nutritious and very tasty

According to the average and approximate values of its nutritional composition, canned fish and seafood have a high content of protein and omega 3 fatty acids (EPA and DHA). In addition, due to their content in some B vitamins and minerals such as phosphorus or selenium, they are considered sources of these trace elements.

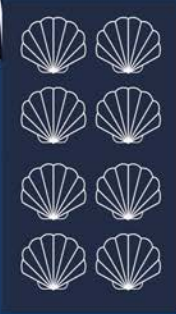
Its wide variety and forms of presentation facilitate the preparation of a large number of recipes, being easily integrated into a balanced diet.

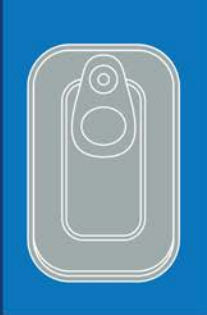
They do not require special storage conditions since their conservation in perfect hygienic security conditions responds to their hermetic packaging and subsequent heat sterilisation process.

But keep in mind that, once opened, they lose their non-perishable product characteristics, so they must be consumed as soon as possible and according to the indications on the label.









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