



Marmitako de Bonito



Chef Aitor Arregui, ELKANO

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Marmitako de Bonito
Basque Bonito Tuna Stew

WINE PAIRING

Gaintza Txakolina

Gaintza Roses

Gaintza Aitako

INGREDIENTS

Serves 4 people

- 3 large onions (yellow)
- 1 green bell pepper
- 2 tbsp of Gaintza Txakoli
- 1.5 - 2 pounds of fresh bonito tuna
 - A good substitute is fresh ahi tuna
- 1 cup of fish broth, warmed
- 2-3 *pimiento choriceros* peppers rehydrated
 - Alternatives are dried ancho chiles, jarred roasted red peppers, or a dash of Spanish pimentón powder. Make sure they're mild and not too spicy.
- 1 tbsp of chopped garlic
- 2 tbsp of extra virgin olive oil
- 1.5 cups of peeled, chopped potatoes (approx 3 medium yellow potatoes)
- A pinch of salt to taste

Chef's note: this fisherman's recipe changes according to its environment, according to the traditions of every port. In the case of Getaria, we stew the vegetables until they have achieved a very dark color, giving an intense depth of flavor.



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PREPARATION

Serves 4 people

Chop the onions, garlic and green pepper, into very small brunoise. On medium heat, heat the olive oil in a heavy pan or dutch oven and sauté the onions, garlic and green pepper.

Sautéing is very important, we must achieve a very intense color but without burning the vegetables, to avoid bitterness.

Heat the fish broth in a separate saucepan on the stove.

Once the vegetables are cooked well, add the recently-peeled, cubed potatoes into the pot. Note: it helps if some of the potatoes are cut into small pieces to break down faster and help bind the stew.

Add 1 tablespoon of the flesh (no stems or seeds) of the rehydrated choricero or alternative peppers to the pan. Add the Txakoli and reduce.

Add the hot broth, salt to taste, and cook over medium heat until the small potatoes have melted and the larger ones have a creamy point. It's important to stir so all the flavors meld.

Once the potatoes are ready, remove from heat (so not to overcook) and add the fish. Cover the pot with a lid and let it rest for a couple minutes before serving.