

Recipe to pair with Txakoli Wine

Pan Grilled Tuna Steaks- Atún a la Plancha

Prep Time: 5 minutes Cook Time: 10 minutes

Ingredients

- (2) Tuna Steaks
- (1) Tbsp Extra Virgin Olive Oil
- (1) Clove of Garlic Minced
- (1/2) Lemon
- Fresh Parsley
- Sea Salt



Preparation

1. Pre-heat a frying pan large enough to fit two tuna steaks with medium-high heat
2. Season the tuna by adding about 1 tsp extra virgin olive oil, some lemon juice and sea salt on top of the steaks
3. Once your pan is super hot, add the tuna steaks to the pan
4. After about 2-3 minutes turn the tuna steaks to cook the uncooked side
5. After 2-3 minutes turn fire off and remove the tuna steaks from the pan and transfer to a plate
6. Using a mortar and pestle, add the minced garlic and pound it until it becomes a paste
7. Add a generous pinch of freshly chopped parsley and pound with the garlic
8. Add about 2 Tsp extra virgin olive oil and some sea salt to your liking and mix all together
9. Spoon some of the sauce on top of each fillet

Enjoy!

Recipe to pair with Rioja red wine

Catalan Stewed Lamb with Potatoes and Green Olives

Ingredients

- 2-1/2 lb. boneless lamb shoulder, cut into 1-inch pieces, or bone-in lamb, such as shoulder, shank, or neck, cut into 1-1/2- to 2-oz. pieces (ask your butcher to do this)
- Kosher salt and freshly ground black pepper
- 3 Tbs. olive oil; more as needed
- 1 medium yellow or red onion, finely chopped
- 3 medium tomatoes, halved, seeded, and grated
- 1/2 cup dry white wine or 1/4 cup brandy
- 1-1/2 cups unsalted chicken or beef stock; more as needed
- 1 dried bay leaf
- 2-1/2 lb. Yukon Gold potatoes (about 4 large), peeled and cut into 1-inch pieces
- 3/4 cup unpitted green olives, such as manzanilla, Cerignola, or Castelvetrano, rinsed.
- Crusty bread, for serving



Preparation

1. Pat the lamb dry with paper towels and season generously with salt and pepper.
2. Heat the oil in a 12-1/2-inch "cassola" - terracota casserole dish - (on a heat diffuser if recommended by the manufacturer) over medium-high heat. Working in batches so as not to crowd the cassola, brown the lamb on all sides, 8 to 10 minutes per batch, adding more oil as needed. Transfer each batch to a platter and cover with foil to keep warm.
3. Reduce the heat to medium, add the onion, and cook, stirring frequently, until translucent, 3 to 4 minutes. Add the tomatoes, reduce the heat to low, and cook, uncovered, stirring frequently and then tapping down the mixture with the back of a wooden spoon until thickened and darker, 10 to 15 minutes, adding a little water as necessary to keep it from drying out and sticking.

4. Return the lamb to the cassola and turn to coat well. Drizzle with the wine, stir, and cook for 1 minute. Add the stock and bay leaf, increase the heat to medium high, bring to a boil, and then reduce to a simmer. Cover with a large pot lid or foil, leaving it slightly ajar, and cook, stirring occasionally, for 10 minutes if using bone-in lamb or 30 minutes if using boneless.
5. Add the potatoes and olives, replace the lid slightly ajar, and cook over low heat until the lamb and potatoes are fork-tender, 45 minutes to 1 hour, adding more stock if needed to keep the sauce moist. Season to taste with salt and pepper.
6. Serve from the cassola with the bread, and be sure to warn everyone about the olive pits.