

PASTA WITH SOLE

INGREDIENTS (for 4 people)

300 gr of wholemeal pasta
1 clam
4 small sole
3 squid
1 bay leaf
1 clove garlic
½ onion and salt
Thyme, black pepper and rosemary
Extra virgin olive oil
Grated Arzúa cheese



PREPARATION:

1. We boil the sole with water for 15 minutes in the sole with the bay leaf, thyme and rosemary to taste. We drain and clean by removing the skin and pimples. We reserved the broth.
2. We unwrap the sole meat in a bowl and set aside.
3. We finely chop the garlic and onion and put them in a saucepan with a little oil to sauté over medium heat. When they are tender, add the broth to cook the sole and pour the wholemeal macaroni. We check its cooking for 12 minutes. We keep it aside.
4. We take the leftover water from cooking the pasta and add the clams and squid to cook them, as soon as they are, we add the fish and we pass the whisk so that it is a thick sauce, being able to add black pepper to taste.
5. In a deep dish or saucepan, we will place the macaroni, pour the sauce and add the grated cheese and au gratin in the oven for 10 minutes at 180 °C.

