

A delicious marinade for fresh or frozen small fish fillets. Serve with buttered peas and carrots topped with fresh chopped chives or fresh mint.

Pescaditos En Escabeche A La Catalana - Small Marinated Fish Cctalan Style

- 12 small fish (mackerel, anchovy, or sardine)
- ¼ cup olive oil for frying
- 1 cup olive oil for marinade
- 1 tbs. paprika
- A pinch of cayenne pepper
- ½ head of garlic, unpeeled
- A few sprigs of parsley, chopped
- ½ tsp black pepper
- Salt to taste
- Flour for dusting

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Fry lightly floured fish in ¼ cup olive oil over medium heat. When lightly browned, put in a recipient, preferably one with a flat surface large enough to accommodate the fish. Heat the cup of olive oil over a high flame. Fry in it coarsely chopped unpeeled half head of garlic with the black pepper and chopped parsley. Let it bubble, stir a few times, remove pan from the fire, and blend in the paprika mixed with the cayenne. Add salt to taste. Pour the hot liquid over the fish. Let it marinate 24 hours before serving. The fish will keep in a cool place five days or more.



Don't buy cooked seafood products which are in direct contact with raw seafood products in the display case of your market -there could be cross-contamination.

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