

CONGER EEL STEW



Category: Fish and meat
main courses

Created: on 2022-01-26
Qualified by: Supercook CL
Suggested by: Kitchen
Center Chile
Total preparation time:
37:10 Minutes

Suitable for machine:
- Supercook SC350
- Supercook SC400

INGREDIENTS FOR 8 SERVES

6-8 piece	conger eel or fish of your choice (medium pieces)
80 milliliter	olive oil
500 gram	diced potatoes
3 clove	peeled garlic
1	cebolla cortada en pluma
1 tablespoon 15ml	color chili pepper
2 tablespoon 15ml	oregano
1	sliced carrots
1	julienned red pepper
150 milliliter	white wine
2 leaf	laurel
80 milliliter	cream
1	fish broth cube
1500 milliliter	water, hot
	chopped parsley to decorate
	salt and pepper to taste

STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).

TOOLS



Spatula



Vapore



Steaming basket