

CONGER EEL STEW



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📅📅📅 2022-01-26
📅📅📅 Supercook CL
📅📅📅 Kitchen Center Chile
📅📅📅📅 37:10 📅

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- Supercook SC350
- Supercook SC400

📅📅 8 📅

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

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