

FOOD & DINING

Celebrate Hispanic heritage in the kitchen



MARMITAKO
(Tuna and Potato Stew)
Serves 4

- 2 cups diced potatoes
Salt to taste, divided
- 1 red bell pepper, julienned
- 1 yellow onion, julienned
- 1/4 cup plus 4 teaspoons olive oil, divided
- 1 teaspoon sherry vinegar
- 1/4 cup Sofrito (see below)
- 1 teaspoon smoked hot paprika
- 1 cup fish stock
- 1 teaspoon chopped fresh thyme
Black pepper to taste, divided
- 1 pound tuna, cut into 4 4-ounce pieces

Boil potatoes in salted water until soft; set aside. While potatoes are boiling, sauté the red pepper and onion in 1/4 cup olive oil with a little salt and the vinegar over low heat until caramelized, about 45 minutes.

Then add the cooked potatoes and all other ingredients except the tuna to the red pepper-and-onion mixture. Cook for another 15 minutes. Prepare 4 small plates. Place 3 tablespoons of the vegetable mixture on each plate. Adjust salt. Preheat a plancha or cast-iron skillet on high. Drizzle 1 teaspoon olive oil on each piece of tuna and sprinkle with salt and black pepper. Sear the tuna on the plancha for 1 minute per side. Serve on top of the vegetable mixture, one piece of tuna per plate.

SOFRITO
Makes 3 cups

- 4 large tomatoes, peeled and diced
- 1 green bell pepper or poblano pepper, seeded and diced
- 1 yellow onion, diced
- 1 clove garlic, minced
- 1/4 cup Spanish extra-virgin olive oil
- 1 teaspoon pimenton
- 1 teaspoon Spanish sherry vinegar
Salt and black pepper to taste

Heat the olive oil in a medium-size sauté pan. Add all other ingredients and cook on low heat for 35 minutes, until all ingredients are soft and well blended. Keep covered and refrigerated for up to 1 week.

Hispanic cuisine includes dishes from various countries. Food plays a big role in many Hispanic cultures and families, and a celebration of Hispanic heritage would not be complete without an authentic Hispanic meal. Marmitako is a Basque fishermen's stew that was once eaten on the tuna fishing boats along the Cantabrian Sea along the northern coast of Spain. Whether you want to celebrate your own Hispanic heritage or indulge in one of the many culinary delights that trace their roots to Hispanic countries, the following recipe for "Marmitako (Tuna and Potato Stew)" from James Campbell Caruso's "España: Exploring the Flavors of Spain" (Gibbs Smith) is sure to please.

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