

Trout soup of the Orbigo



Provincia

León

Ingredients

(for 4 people)

- 2 medium-sized trout.
- Large loaf bread, preferably from the previous day.
- 4 or 5 tablespoons of virgin olive oil.
- 1/2 onion.
- Salt, garlic, paprika and vinegar.

Preparation method

In a pot put to boil a liter of water, add the chopped onion and a bit of olive oil. When it begins to boil, add the trout cut into two or three slices. While trout is boiling (it takes very little) crush in the mortar a clove of garlic with salt and half a tablespoon of paprika, thickening with a drizzle of oil and a bit of the broth of the cooking of the trout. This mixture is added to the cooking of the rest of the broth. In a clay pot, place the bread cut into thin slices (about 400 grams approx).

Once the trout is cooked and checked the seasoning, take out the slices, in order to put them on the bread and then pour the broth over them. To make the trout tastier, you can prepare a sauce also in the mortar, with oil, a little vinegar and paprika, to put it over the slices of trout.

If you like it a little spicy you can add a bit of cayenne.