

Fried tench



Provincia

Zamora

Ingredients

- 2 tench.
- 2 garlic clove.
- 1 small onion.
- 100 g of ham gobbets.
- 1 orange and lemon juice.
- 1 dl of water.
- 2 dl of oil.
- Salt.

Preparation method

We recommend leaving the tench a few days in very clean water to remove the taste of mud.

Wash and season them. Heat the oil and fry the tench on both sides. Leave them on a platter for the oven.

In that same oil, fry up to poach onion very slowly.

In another bit of oil, fry the garlic until brown. Remove from fire and add a little juice of lemon and orange, water, along with some of the poached onion.

This sauce is put together with the tench on the platter and put into the oven (180 ° C) for 10 minutes.

In a bit of baking paper place the gobbets of ham. Remove the platter and separate the sauce to pass it through the whisk.

Fillet the tench and lay them on the bed of onions; decorate with orange, the sauce, the gobbets of ham, along with a few parsley leaves for garnish.