

Stewed squab



INGREDIENTS

- 2 squabs.
- 1 large onion.
- 2 small tomatoes.
- 2 garlic cloves (completes).
- 1/2 dl. of olive oil.
- 1 bay leaf.
- 5 balls of black pepper.
- 1 stick of thyme.
- 1/2 cup of Oloroso wine.
- 1l. of water or beef broth.
- Salt.

PREPARATION METHOD

Put the olive oil in a pot and brown in it the squabs once cleaned.

Add the chopped onion into small cubes, garlic cloves, pepper balls, bay and thyme. Fry lightly with the squabs until the onion tenderizes without taking color.

Pour the tomatoes cut in four, fry lightly and coat with Oloroso wine.

Once the wine loses its alcoholic strength, add water or broth covering the squabs. Add a pinch of salt, cover the pot and leave them cook until they are tender.

Some previously-roasted peppers can decorate and serve as garnish.