|  |
| --- |
| Name of dish |
| Yield and serving size |
| Ingredients: be specific, not just “flour” but all-purpose flour |
| Instructions: number the steps |
| Source of recipe |
| Approximate level of difficulty: rate 1-5 (5 being the most difficult) |

|  |
| --- |
| LUBINA "ALBUFERA"(Fillet of Striped Bass in Almond Sauce) |
| Serves 4, serving size 6 oz filet |
| 6 cloves garlic, peeled  4 tablespoons minced flat-leaf parsley  1/4 teaspoon dry oregano  1/4 teaspoon dry mint  3 tablespoons ground blanched almonds  2 tablespoons all-purpose unbleached flour  1 tablespoon pure olive oil  1/4 teaspoon Spanish mild paprika  11/2 cups fish broth  4 6-ounce striped bass filets  12 ¼-inch strips of bottled pimiento for garnish |
| 1. Preheat oven to 350°F. Grease a baking dish just large enough to hold the filets in one layer.  2. In a food processor or mini chopper, grind together the garlic, parsley, oregano, mint, and 1 tablespoon of the ground almonds to a paste. In a skillet, place the flour and remaining 2 tablespoons of ground almonds. Stir in the oil and cook over low heat until the flour and almonds turn golden. Add the paste from the processor and the paprika.  2. Stirring constantly, mix in the fish broth until the sauce is thickened and smooth. Place the fish fillets on a greased baking dish. Pour on the sauce and cook in the preheated oven for about 20 minutes. Decorate the fish with strips of pimiento. |
| Penelope Casas, *The Foods and Wines of Spain* |
| Difficulty: 3 |