BASCO
GOURMET SPAIN TO YOUR DOOR

Saute Baby Eels 'Bilbao' Style



PREP TIME
5 MINS

COOK TIME
5 MINS

TOTAL TIME
10 MINS

SERVES 4 PEOPLE

EASY

Ingredients

600gr fresh baby eels or elvers
4 large garlic cloves, peeled and thinly sliced
4 tbsp of extra virgin olive oil of 0.4?
1 Red guindilla or dried whole chilli sliced, allow 2 slices per person

Method

Angulas are traditionally cooked and served individually in a small earthenware dish with a special wooden fork made out of Boj wood.

Heat 1 tbsp of the oil in each dish with the garlic and the slices of guindilla, the more guindilla the hotter the dish.

When the garlic is starting to turn lightly brown and the oil is smoky, add the dried guindilla, followed by the angulas, remove the pan from the heat and

stir with the wooden fork and serve immediately.

Make sure you stir them continuously so the eels are well coated in the oil.

https://www.bascofinefoods.com/spanish-recipes/saute-baby-eels-bilbao-style/