

Fried Fish with Tomatoes and Egg Recipe (Cardillo)

Ingredients:

500 g firm white fish fillets
Salt to taste
2 tablespoons lard or olive oil
1 clove garlic, peeled and crushed
1 medium onion, sliced
2 tomatoes, sliced
½ cup water
2 eggs, beaten

Method:

Clean fish, removing any skin and scales. Cut into fingers. Rub a little salt onto fish. Heat lard in frying pan and fry fish pieces until golden brown. Remove and set aside. Fry garlic in lard remaining in pan and when golden add onion and tomatoes and salt to taste. Cook until tomato is soft and pulpy, then add water and simmer 5 minutes. Put fried fish into sauce, remove from heat and add the well-beaten eggs. Stir to heat through and serve immediately.

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