



Fritada - Rioja's own sauce

Throughout Spain, you'll find a variety of dishes "A La Riojana". The key to these tasty dishes is the Rioja style sauce known as "fritada". Fritada is easy to prepare and adds a nice touch to meat, fish and vegetable recipes.

Ingredients:

Green pepper

Tomato

Onion

Garlic

Olive Oil

Salt

Preparation:

Finely chop two or three cloves of garlic and the onion

Dice green pepper

Peel and dice tomato

Cover the bottom of frying pan with a thick layer of oil, fry garlic and onion on med-high heat until golden brown.

Add green pepper and cook 5 mins or so

Reduce heat, add tomato, cook 'til tomato is done (stirring often so it doesn't stick)

Add salt to taste

That's it. It's easy enough and you can use it on meat, fish, or vegetable dishes. For example - brown pork chops in oil, add **fritada** and simmer for a few minutes. Once again, **don't scrimp on the olive oil!**



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