

Rice with eel and duck



Ingredients

400g of rice 1 litre of meat stock
1 leg and piece of breast of duck
and 500g of eels
1 medium onion, 1 tomato
1/2 red pepper, 2 cloves of garlic,
parsley, olive oil, salt
Paprika

Preparation

Clean and chop the eels then put them aside. Chop and fry the duck in the oil in an earthenware pot and when the meat is golden brown, add the finely chopped onion, tomato and pepper.

When well cooked, add the meat stock and leave to cook for 15 minutes. Then add the chopped eels and rice, leaving this to cook for a further 15 minutes. Add more salt, if necessary, then sprinkle the chopped garlic and parsley on top and continue cooking for a further 5 minutes.

It should be slightly moist.

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