

Carapaus alimados (silverside with lemon)



Ingredients

- ✓ 1 kg young silverside (carapaus)
- ✓ 1 onion
- ✓ 2-4 cloves of garlic
- ✓ Sea salt
- ✓ Extra virgin olive oil

Directions:

1. Clean and gut the fish; remove the heads and tails; rinse and pat dry.
2. Arrange them in layers, in a deep bowl, and sprinkle generously with coarse salt. End with a layer of salt. Cover the bowl with foil and refrigerate for 48 hours.
3. Peel and slice the onion and garlic. Remove the fish from the bowl, rub and shake them to remove the salt.
4. Dunk the fish into a pot of boiling, unsalted, water for 3 minutes. Keep a little of the water for later use. Drain the fish in a colander and rinse under cold running water.
5. Carefully remove the skin, fins, the horny strip on the side and finally the spine.
6. Arrange the filets on a tray, putting the sliced onion and garlic on top. Dress with a little of the water you kept aside, olive oil and lemon juice.
7. Garnish with lemon slices and parsley. Use tomato salad as a side dish.

Enjoy!