



## ROASTED LAMPREY WITH CARQUEJA

### INGREDIENTS

1 lamprey from the Minho river, skinned, bled and washed (reserve the blood for a different preparation)  
 1 bottle of Assobio Red  
 Salt  
 Freshly ground black pepper  
 6 garlic cloves  
 1 onion  
 8 shallots or scallions  
 24 small new potatoes, peeled.  
 1 bunch of parsley and 1 bunch of carqueja (*Baccharis trimera*)  
 Olive oil

### PREPARATION

If it's a female lamprey, we can remove the roes and two segments from the extremities, and, with the blood, prepare a rice as a side dish.

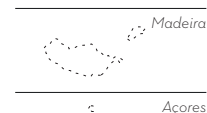
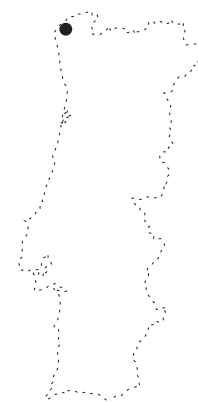
Season the lamprey with the wine, salt, freshly ground pepper, half the bunch of parsley, roughly chopped and 4 sliced garlic cloves. Rub the lamprey thoroughly with the garlic and salt, and let it rest for at least two hours.

In a clay baking dish pour a drizzle of olive oil and add the onion, chopped into half rounds, two sliced garlic cloves and half the parsley. Upon this base, place the potatoes and the shallots. Add a drizzle of olive oil and half the marinade, and season with salt and pepper. Add two thirds of the carqueja over the potatoes and cook on the stove until the potatoes start becoming translucent. Shake the baking dish, and place it in the oven (preferably a wood-fired oven) at medium heat for 20 minutes, or until the potatoes are golden.

Place the lamprey over the carqueja and cover it with the remaining herb. Add a drizzle of olive oil and place it back in the oven, on high heat. Every 10 minutes, brush with the remaining marinade.

CHEF **MARGARIDA REGO**  
 PLACE **LANHELAS / CAMINHA**  
 REGION **MINHO**  
 Recipe inspired on the teachings of  
**BALBINA MESTRE**

WINE **ASSOBIO RED**



Açores

