Titaina

Yield: 4 servings

Ingredients

Stew

Tuna belly (tonyina de sorra) — 300 g

Pine nuts — 40 g

Garlic — 2 cloves

Italian green peppers — 2 pcs

Red bell pepper (pimiento morrón) — 1 pcs

Tomato — 1 kg

Extra virgin olive oil — to taste

Salt — to taste

Steps

1. If the 300 g is salted, soak it for at least 8 hours. If it is fresh, clean it and cut it into small pieces.
2. Finely chop the 2 cloves. Peel the peppers if you like (a peeler works well), remove the seeds and cut them into small dice. If you use whole 1 kg, cut a cross in the base, scald it, peel it and set aside.
3. Heat a little to taste in a pot and gently soften the garlic with the 40 g, until they barely take colour.
4. Add the tuna belly and turn up the heat until it browns. Take it out and set it aside.
5. Put more oil in the same pot, add the 2 pcs and the 1 pcs with a pinch of to taste (no salt if the tuna is salted) and cook them slowly until soft.
6. Grate or chop the tomato, add it and stir. Cook over a low heat for about 30 minutes, until almost all the liquid has evaporated.
7. Return the tuna belly to the pot and cook for at least 10 minutes more, or up to 30 over a low heat if you want it creamier and tastier.
8. Taste and adjust the salt and the acidity, and adjust the texture. To fill empanadillas, reduce it further until it is thick.

Sources

Titaina valenciana del Cabanyal (Directo al Paladar):
https://www.directoalpaladar.com/recetas-de-pescados-y-mariscos/titaina-valenciana-cabanyal-receta-tradicional-para-mojar-pan-no-parar