

Hello from Solymer.

To get the ingredients for this dish, I head out to the wet market early in the morning where the shrimp are nice and fresh and the tomatoes are local but nice and red and ripe. Add to that some Sherry Vinegar and luscious extra virgin olive oil from Spain and you've got a delicious, easy seafood salad. We just happen to have in stock one of the best olive oils in Spain, used by all of the top chefs. It is called Pago de los Baldios de San Carlos. It comes in 250 ml and 500 ml bottles. Let us know if you would like to try it.

Enjoy!

Lisa, Umberto and the Solymer Team

Recipe of the Week

Salpicón de Marisco

- 500 g Very Large Prawns
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 - 1 Green Bell Pepper
 - 2 or 3 Nice, Red Tomatoes
 - 1 Medium Onion
 - ½ cup Extra-virgin Olive Oil
 - 3 Tbsp Sherry Vinegar
 - Salt
1. Heat a pan with water and salt
 2. When the water is boiling vigorously, add the seafood.
 3. When it starts to boil again, remove, drain and put in a different pan with water, ice and salt.
 4. Keep it in the second pot a few minutes, remove and drain.
 5. Peel the shellfish, leaving only the tails and cut into slices approximately ½ centimetres
 6. Place in a bowl and add chopped seafood, and finely chopped peppers, tomatoes and onions to make a Piriñaca.
 7. In a separate bowl, make a mixture with oil, vinegar and salt and pour over shrimp and vegetables that are the bowl. Toss to mix thoroughly.
 8. When thoroughly blended, pass the mixture on to a flat dish and place in the refrigerator until ready to serve.



Wine of the Week

A Coroa Godello

Godello is a grape that was all but extinct in Spain not so very long ago. Its revival began in the 1970s after a leading ariculturist in the North-west of Spain went to see the modern wine making techniques in Germany and brought back the technology. Valdeorras, the region where this wine is made was one of the first in Spain to ferment the wines using stainless steel vats.

A Coroa is a very pleasant example of a wine made from Godello. It is has a refreshing peachy taste.



\$46.30 per bottle

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(\$250.00)**

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(\$444.00)**

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