

# Our local recipe: *Mussels in pickled*

## 1. Ingredients

- Mussels
- Cayenne pepper
- Olive oil
- Clove
- Vinegar
- Salt
- Garlic
- Sweet pepper



*A walk to the  
market*

Boiro's  
Gastronomy



## 2. Method

1. Cook the mussels with a fistful of salt, and leafs of “loureiro”.
2. Drain and peel the mussels.
3. Take a pan and add olive oil, two tooth of garlic cut in half.
4. Add the mussels and browned it. It must to keep hurt, but no a lot.
5. Prepare the pickled:  
Three parts of olive oil and one of vinegar.  
We add sweet pepper, one leaf of “loureiro”, one cayenne pepper and one clove.  
We leave to stand mix it good for the mussels take the taste of the pickled.
6. Cook better for one day for other. And it's ready to eat!

## Fruit:

Some typical fruits of Boiro are apples and oranges. We eat a lot of these fruits. Others fruits that we seed in the garden are lemons and strawberries. Children eat a lot of strawberries in summer.

In the market we have a lot of fruits! It is very healthy.



## Local fish:

In the market we have a typical fish called “xouba”. I don’t like it, but for the most people they are so good. Others typicals fish in Boiro are the Atlantic salmon (we grilled them) or pompano fillets (cooked in the oven with peppers and potatoes). The Atlantic salmon is my favourite fish.

We also have some sea breams, they are delicious.



## Vegetables:

In Galicia we have a lot of turny leaves. We eat these vegetables with cabbage and potatoes. And with meat too! With this food we make a Galician stew. It is delicious!!

We have a lot of types of peppers: the most famous padron peppers, bell pepper...

The vegetables that I like a lot are tomatoes and lettuces. We make a salad with these vegetables and some onions.



## Meat:

When we talk about meat, we have a lot of different types of meat, like salt meat, beef, pork shoulder. We eat these meats with vegetables or potatoes like in a barbecue with creole...

