

Marmitako

Original Basque recipe for salmon, tuna, or similar fish. This was made by fisherman and is almost foolproof. You won't believe how juicy the dish turns out! I recommend serving with wine, fresh French bread, and homemade mayonnaise.

Recipe by [Marta Reyes](#) | Created on **Nov 13, 2021**

Ingredients

- 3 tablespoons olive oil
- 2 onions, sliced
- salt to taste
- 3 large potatoes, peeled and sliced
- 1 pinch ground black pepper to taste
- 3 large tomatoes, sliced
- 1 cube fish bouillon, crushed
- 1 pound salmon fillets

Directions

- Cover the bottom of a saucepan with olive oil. Place a layer of onion slices in the saucepan and season with salt. Add a layer of potatoes; season with salt and pepper. Add tomatoes; season with salt, pepper, and 1/2 of the fish bouillon. Place salmon on top. Add remaining tomatoes; season with salt, pepper, and remaining fish bouillon. Layer remaining potatoes and onions on top, seasoning each layer with salt and pepper.
- Cover the pot and place over low heat. Cook until the top layer of onions is tender, about 45 minutes.

Nutrition Facts

Serving: **6 servings** | Calories: **358.4 kcal** | Carbohydrates: **43.1 g** | Protein: **21.6 g** | Saturated fat: **2 g** | Cholesterol: **33.7 mg** | Sodium: **220 mg** | Fiber: **6.5 g** | Sugar: **7.1 g**

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