

Salads from TGOSR



Bean/chickpea salad (Empedrado)

Four servings: 300 g of canned beans, or chickpeas; 200 g of canned tuna fish, or desalted shredded codfish, or both; 2 tbsp of extra olive oil; some vinegar (to taste) 1 green & 1 red peppers; 2 tomatoes; 1 large onion; and 1, or 2, garlic cloves finely chopped & salt.

Preparation:

First of all, put the white beans or canned chickpeas in a sieve and rinse their cooking liquid off; next cut the rest of ingredients into small dice and place in a bowl, add the olive oil, the vinegar, the salt, the garlic, stir the ingredients and keep in the fridge for a later consumption.



Broccoli and bean salad (Ensalada de brócoli y judías)

Four servings: 1 cauliflower head, cut into flowerets; 150 g of canned white kidney beans(rinsed and drained).

Ingredients for the vinaigrette: 3 tbsp of cider vinegar; 5 tbsp of olive oil, salt & white pepper.

Preparation: Boil the cauliflower flowerets in salted water for 10-15, and let them cool on their own simmering liquid. Put the cauliflower and the beans (previously rinsed from their cooking medium) in a bowl, add the vinaigrette and keep in the fridge for a later use.



Xató (Catalan salad with codfish & canned tuna fish, anchovies, black olives, escarole (or arbequine), and romesco sauce) (18)

Four servings: 1 escarole, 200 g of desalted codfish cut, or shredded, into long strips; 200 g of canned tuna fish, 12 canned anchovies, some black olives.

Ingredients for the sauce: 4 toasted almonds; 3 garlic cloves; 1 hot pepper; salt; oil; vinegar; paprika.

Preparation:

1· Mash the almonds, the hot pepper and the garlic to a fine paste in a mortar. Mix the oil, the vinegar, the black pepper and a pinch of salt. Stir all the ingredients and reserve.

2· Rinse the escarole under the tap, and spread it on a salad platter together with the codfish, the tuna, the anchovies, and the black olives.

3· Pour the sauce on the salad, previously mixed, and stir it all to mix all the flavors and ingredients.

Notas: The xató is a sauce made from toasted almonds and hazelnuts, bread crumbs with vinegar, garlic, oil, salt and **ñora** as a characteristic ingredient. This sauce accompanies an escarole salad with anchovies, tuna and cod.



Shrimp salad (Ensalada de gambas y surimi)

Ingredients: Iceberg lettuce, cut into strips; corn (canned presentation); carrot, grated; shrimps (previously boiled for a few minutes); pineapple chunks (canned ones are OK); surimi sticks, cut into fine julienne.

Dressing:

Mix all the ingredients in a bowl and add a pink sauce made with mayonnaise, ketchup and some lemon juice.

Finally, this salad can be garnished with some chopped chives on top of it.

The photo of this shrimp salad doesn't show the pink sauce specified in the recipe so that the rest of ingredients can be clearly seen.

Well, this is also a complete dish as it contains a source of proteins, in the form of shrimps and surimi, and a source of vitamins and fiber in the form of lettuce, carrots, and pineapple. Those who want to keep an eye on their diet should bear in mind this type of salads. Also, the addition of a little of olive oil will increase the intake of vitamin E, that is, a good antioxidant.



Murcia salad (Ensalada Murciana)

Ingredients for six servings:

6 ripe tomatoes (canned tomatoes can be an option, although fresh ones are better); 2 green onions (or shallots); 3 hard-boiled eggs; 75 g of black olives; 150 g of desalted codfish (canned, tuna); a pinch of sugar (optional); and salt, pepper, olive oil, and vinegar to taste.

Preparation: At the same time, peel, the tomatoes, remove the seeds and cut then into dice. Cut the eggs into thin slices. Cut the green onions into julienne. Mix all the ingredients in a salad bowl, add a pinch of salt and black pepper. Add the oil and vinegar to taste.

Also, boiled potatoes, cut into dice, can be added to this recipes (as can be seen in the photo).

Notas: A salad is primarily a cold dish with mixed vegetables, cut into pieces and seasoned mainly with salt, lemon juice, olive oil, and vinegar. It can be taken as a single dish, before or after the main course and even as a supplement (as a snack). In Spain, the most common salads include tomato, lettuce and onion. A good way of enriching salads is by adding canned tuna (marinated, natural or oil), carrot, egg, cucumber, some asparagus tips (usually canned) and the dressing described above, or in the recipe; sometimes it includes chopped garlic, ground pepper, and many other ingredients that can turn a simple salad into an elaborate preparation. It is usually a cold dish; in any case combining warm or cold ingredients doesn't seem to be a contradiction.



Pasta salad (Ensalada de pasta)

Ingredients:

Pasta cooked in salt and water: lettuce cut into fine julienne; green onions, thinly sliced ; tomato salad, cut into dice; cooked ham, cut into dice; surimi sticks, diced; hardboiled egg, diced; cheese (cheese of any kind), diced; mayonnaise, or pink sauce.

Preparation: What is left to do now is to mix all the ingredients and add the mayonnaise on top of it (you can also use pink sauce).

The photo of this pasta salad doesn't show the mayonnaise or pink sauce on it. Also, many of these ingredients are optional and can be replaced for any other ingredients: canned tunna, boiled ham, surimi, etc.

Notas: Carbohydrates and Fiber

Pasta is rich in beneficial carbohydrates. A cup of white spaghetti provide 43 grams of carbohydrates, while an equivalent serving of whole-wheat spaghetti offers 37 grams of total carbs. Carbs serve as a primary source of energy for our body. Whole-wheat pasta also provides a considerable amount of dietary fiber, so it's a particularly beneficial type of carbohydrate. Fiber helps fight chronic diseases -- including obesity and type 2 diabetes -- and it also promotes digestive health. A 1-cup serving of whole-wheat pasta contains 6.3 grams of dietary fiber, providing 17 percent of the recommended daily intake for men and 24 percent for women. White pasta , that is, whole-wheat pasta, is lower in fiber, and about 2.5 grams per serving.



Valencia salad (Ensalada Valenciana)

Ingredients for four servings: lettuce; salad tomato; 1 radish; 1 hardboiled egg, cut into wedges; 1-2 cans of tuna; onion, cut into rings; olives; olive oil; wine vinegar; salt.

Preparation: Rinse the lettuce and cut into not-too-small shreds. Wash the tomatoes and cut them also into wedges.

The radishes are washed and skinned or just open. Mix all ingredients in a bowl and season with salt, olive oil and vinegar.

In general, all salads contain more or less the same ingredients depending on the climate zone where you live.

Notas: This salad contains proteins of a high nutritional value in the form of tuna, and in the form of hardboiled eggs. The tomato and the lettuce do provide high levels of fiber, so it can be certified that it is a very complete dish, and, to make things even better, to sprinkle on it some extra virgin oil would add a rich source of vitamin E, whose antioxidant effects have been reported in many scientific studies.



Countryside salad (Ensalada campera)

Ingredients: 200 ml of virgin olive oil; 200 g of olives; 500 g of canned tuna fish; 2 onions; 3 eggs; 4 potatoes; parsley; 1 green pepper; 1 red pepper; salt; 2 red tomatoes; 50 ml sherry vinegar

Preparation: Start cooking the potatoes with the skin. Prick the potatoes to determine doneness (if the fork has trouble entering, boil them a bit more). Cut the potatoes into pieces. Boil the eggs hard, and cut them into wedges.

Chop both peppers and onions into dice and cut the tomatoes into wedges. What is left to do now is to add it all to the bowl, prepare a vinaigrette with the oil, the vinegar, the salt, a pinch of salt (adding some freshly ground black pepper wouldn't be a grave sin), and finally add the tuna, the olives, and keep it in the fridge until the moment it is going to be eaten.

Nota: This is another excellent salad that contains fiber, vitamins, proteins, so we can deduce from it that this is also a very complete dish. A barbecued steak, or any other meat followed by some pieces of fruit, can crown a family reunion and make our bodies a bit healthier.



Rice salad (Ensalada de arroz)

Ingredients: 1 cup long grain rice, 1 small can of corn and one of peas, 1/2 red pepper, 1 onion, 3 tbsp of raisins (seedless), 50 g of pitted olives; 2-3 stalks of celery.

For the sauce: 6 tbsp olive oil, 2 vinegar tbsp; 1 tbsp of mustard; 1 tbsp of honey, and salt.

Preparation: Cook the rice in salted water and with a bay leaf. Once the rice is cooked, put it in a sieve and rinse it under the tap water to cool it down and to get rid of the starch released during the cooking procedure. Now you can mix it with rest of ingredients. what is left to do is prepare the sauce, which will be poured on the salad just before it is going to be consumed.

Nota: The health benefits of rice include its ability to provide fast and instant energy, regulate and improve bowel movements, stabilize blood sugar levels, and slow down the aging process; it also provides an essential source of vitamin B1 to our bodies. Other additional benefits include its capability to boost skin health, increase the metabolism, aid in digestion, reduce high blood pressure, help weight loss efforts, improve the immune system and provide protection against dysentery, cancer, and heart disease. Rice is a fundamental food in many cultural cuisines around the world, and it is an important cereal crop that feeds more than half of the world's population.



Lettuce and tomato salad with stuffed eggs
(Ensalada con huevos rellenos).

Ingredients for 4 servings: 4 hard-boiled eggs, cut into halves, and the yolks removed and set aside for a later use; 1 large onion, cut into brunoise; 1 red pepper, finely chopped; 2 cans of tuna, drained; 3-4 tbsp of mayonnaise; 100 g of green olives; 1/2 lettuce, cut into julienne strips; 1 carrot, grated; 3-4 salad tomatoes, cut into wedges; 4 oz. of cooked ham, cut into strips; salt.

Preparation: Prepare a vinaigrette with the following proportions: one part of vinegar, one part of olive oil, three parts of sunflower oil, and a pinch of salt. These proportions can vary depending on one's taste. Do not add salt, as this will be done directly on the salad. Mix the tuna (drained) with the onion, the red pepper and the mayonnaise. Use this paste to fill the halves of the eggs. Place the lettuce in the dish, together with the tomato wedges, the ham strips, the olives and some grated carrot. Grate the egg yolks on top of the stuffed halves just before serving the salads.

The top 5 properties of lettuce: **Detoxifying properties:** regular consumption of lettuce helps aid in eliminating toxins from the body, especially in the intestine, and it prevents constipation; it also improves digestion significantly, which is why it is recommended to be consumed both before meals, and during them. Furthermore, lettuce helps purify the blood, it regulates cholesterol, and glucose levels. **Perfect snack for those on diet:** lettuce is low in calories, nourishing; it is good in regulating appetite thanks to the filled up sensation and so it can help us get rid of extra pounds in a natural and healthy way. **Anti stress properties:** it seems that salts present in lettuce provide its tonic properties, ease breathing and reduce stress; a more frequent consumption of lettuce helps us to give up tobacco, alcohol or narcotics. Also, when it is consumed at the evening meal it works as a mild sedative and helps us sleep all night through. **Anti rheumatic properties:** significant amount of iodine, and other salts in lettuce help relieve rheumatic pain, keep tissues young for longer, and help children to grow bigger and stronger! Also, such salts contribute to normal thyroid function and have a powerful anti-sclerotic effect. **Properties to stimulate liver;** a regular consumption of lettuce contributes to a healthy liver and stimulates a good hepatic functioning, and it is recommended in biliary dyskinesia or chronic hepatitis.



Chicken breast salad (Ensalada de ave)

Ingredients for 4 servings: 6 oz. of chicken breasts, boiled and cut into julienne; vinegar; 1 carrot, grated; salad tomatoes, cut into wedges; 1 egg; 2-3 hardboiled eggs, cut into quarters; 1/2 lettuce, cut into strips; 1-2 green smith apple, peeled and cut into julienne at the last minute to avoid it oxidizes and gets a brownish color; mustard.

Prepare a vinaigrette with the following proportions: 2 tbsp of vinegar, 2 tbsp of olive oil, 2 and a half tbsp of sunflower oil, and some salt. Prepare a mustard mayonnaise (3 tbsp of mayonnaise and a tsp of mustard), and mix it with the apple, cut into julienne, and the chicken meat cut into dice.

Next, arrange a crown of lettuce on each plate, place the egg and tomato quarters at intervals with the lettuce (see the photo), and place the chicken, apple and mayonnaise preparation at the center of the dish. Garnish the center with the grated carrot and season the lettuce, the tomato and the egg quarters with the vinaigrette.



Mixed salad (Ensalada mixta)

Ingredients for 4 servings:

1 iceberg lettuce, cut into strips; 2 artichokes, previously boiled and cut into wedges (canned ones are a good option); 8 canned asparagus, drained; 2 hardboiled eggs, cut into wedges; 1 large salad tomato, cut into thin wedges; 1 large onion, cut into thin rings; 2 small tuna cans (drained of oil). 1 cucumber cut into half slices.

Preparation: Put all the ingredients in a bowl and sprinkle on them a vinaigrette made with one part of olive oil, one part of vinegar; salt and black pepper to taste and toss the salad to get an homogeneous union of flavors.



Beans stewed with clams and prawns (Alubias con almejas y gambas)

Ingredients for 4 servings: 11 oz. of white beans, soaked in water from the night before; 1 large onion, cut into julienne; 1 carrot and 1 leek stalk, both cut into half-moon slices; 2 tomatoes, cut into quarters; 3-4 oz. of prawns, peeled; 2-3 clams, soaked in salted water from the previous night to eliminate any remaining sand; 1 l of fish stock.

Preparation: Cook the beans with some salt until they're soft, remove from the heat, sieve and set aside on a warm place. Sauté the veggies until they soften; add the fish stock, simmer for some min, mix with the hand blender and strain through a china cap (this can be done the previous day).

Sauté the prawns, and put the clams in a small pot with a little bit of hot fish stock and wait until the clams open. And finally, mix the beans with the veggies cooked in the fish stock, the clams and the small amount of stock used to cook them until open. Canned white beans can also be used; discard though the cooking liquid and rinse the beans with abundant water.



Shepherd Soup (Sopa de Pastor)

Four servings: 4 cups of beef stock; 6 slices of dried-out baguette bread; 4 eggs; 1 roasted red pepper; 1 onion; 2 garlic cloves; 2-3 tbsp of finely chopped parsley; 2 slices of Serrano ham, chopped into small dice; salt to taste; olive oil to sauté

Preparation: Chop the pepper, the garlic and the onion into slices . Sauté the garlic and the bread in a frying pan with some olive oil and remove before both elements burn. Fry the onion and the red pepper in the same oil, and return the bread and the garlic to the same pan. Add the beef broth to the preparation and bring to a boil. Crack the eggs into a bowl (so no piece of egg shell will get into the soup), and add them to the soup. Serve the soup straightaway once the eggs are set. Sprinkle some finely chopped parsley (to taste) on each soup dish.

This recipe is indeed another savory dish that can give delight to those who, like me, are fond of soups. There is something curious as to this sort of recipes (Shepherd soup, or Garlic Soup), and I'm referring to the fact that today we have to reserve some bread to let it dry out and then use it for preparing the soup, but in some old times dried-out bread was used to prepare these recipes as a cost saving measure before the leftover bread became stale and moldy. The type bread to use is preferably the baguette type, although in those old days I mentioned before the bread used in Spain was that known as "[pan de hogaza](#)".



Veggies soup (Menestra de verduras)

Four servings: 1lb. raw carrots; 1 lb. green beans; 1 15 oz. canned artichoke hearts; 1 15 oz. canned peas; 1 small broccoli; 3 oz. of Serrano ham (1 slice 1/8 inch thick); 4 - 6 tbsp of Spanish olive oil; 1 tbsp of flour; 1 yellow onion; salt to taste (Any ingredient can be replaced for another one)

Preparation: Peel and chop the carrots, the onions and the turnip into small cubes. Cut the Serrano ham into small dice. Slightly fry the ham dice in a large pot, add the chopped onion and sauté for 5 minutes on a medium heat. Next add the flour, stir well so it doesn't cling to the bottom, add the chopped carrots and water (or a light broth) to cover the ingredients and let it all simmer for some time. Add the green beans and the turnip when the first ingredients are half-cooked. Salt to taste and continue simmering until all ingredients are cooked to a point where they are a bit soft but not mushy. Now you can add the canned artichokes and the canned peas, and let the last two ingredients get some heat.



Leek and codfish soup (Porrusalda)

Four servings: ½ kilo of desalted codfish, shredded into 1-inch pieces; 350 g of potatoes; 3 leeks, 3 garlic cloves; 2 or 3 carrots, sliced; salt & olive oil; and 500 ml of a light veggies broth.

Preparation: Heat some olive oil in a casserole and start sautéing the leek, the carrots and the garlic; after some minutes, add the potatoes and continue sautéing for 4-5 minutes. Next, add the light veggies broth to almost cover the ingredients, let simmer for 13-17 minutes. Finally add the codfish and let simmer for another 3 minutes before serving.

Porrusalda o **purrusalda** es un [plato](#) típico vasco-navarro preparado principalmente a base de verduras, predominando entre estas el [puerro gruesamente](#) picado, de hecho el significado en [euskera](#) del vocablo *purrusalda* es literal *caldo de puerro*.^[1] ^[2] Su presentación es parecida a la de un [estofado](#), es decir, un plato caldoso con tropezones grandes que se sirve caliente, generalmente como primer plato.^[3] Los tropezones son generalmente de [bacalao](#) desmigado, u otra verdura picada, aunque se puede encontrar la [patata](#) cocida.^[4] Por el precio de los ingredientes es considerado como un plato económico.^[5]

Porrusalda or purrusalda is a Basque Country-Navarre dish which is mainly prepared with vegetables, and in which coarsely chopped leek is the main ingredient; in fact the literal meaning of porrusalda is the Basque word puerro (leek). The aspect of this dish is that of a stew, i.e. a large soupy dish with chunky pieces of food served usually as a first course. Another element to take into account is desalted codfish, shredded and added to the stew some 5 minutes before the conclusion of the recipe. And as to the price of this recipe, it is not very expensive and can be regarded as an economic course. It could be included in the list of recipes belonging to the Mediterranean Diet.



Veggies Soup (Menestra de Verduras)

Ingredients: 1 onion; 3 garlic cloves; 4 tbsp of extra virgin olive oil; 2 potatoes; 1 small zucchini; 1 small eggplant; 2 carrots; salt; pepper; 1 tsp of sugar; 2 ripe tomatoes; 1 bunch of basil; fresh parsley, 1.5 liters of water, 1 chicken breast, boneless.

Preparation: Peel the onion, garlic, carrots and potatoes. Wash the zucchini, tomatoes and eggplant. Chop finely the onion and garlic. Cut the potatoes, carrots, zucchini, tomatoes and eggplant into dice.

Heat the oil in a pan, add the onion and the garlic, and fry for 5 minutes. Then, add the remaining vegetables, chopped as described above.

Sauté all the veggies for about 15 minutes over a medium heat, stirring occasionally. Cover with water, add, pepper and sugar to taste. Next, add the chicken, chopped; the basil and parsley, finely chopped. Bring to a boil and cook for 35-40 minutes, or until chicken and vegetables are very tender.

Veggies in a soup, cooked with some boneless chicken breast is a recipe to bear in mind, above all in winter; it's not only a matter of a hot soup to keep you warm, it also contains a series of ingredients that are healthy and have savory taste as well as a mouth-watering aspect. Some spicy sauce added to it, as a final touch doesn't distort the recipe; also, some turns of black pepper mill would be a sacrilege. I have also found some variation in which the chicken is replaced for cubes of pork lean meat, or small meatballs, previously fried in a little oil, and added at the same moment when the chicken meat is indicated to be popped in.



Garlic Soup (Sopa de ajo)

This is a very economical and delicious soup that was devised by peasants to kill their hunger and warm their bodies in the long winter nights of a God-forgotten Spain. The idea was to make a good use of bread leftovers, as even bread was very expensive in those dire days.

Four servings: Garlic: 1 and half bulb; four 1-inch thick dried out baguette slices of bread (100 g/0.22 pounds); 1 liter and a half of a light stock (1 1/2 L of water enriched with 2 stock cubes will do); 2/3 eggs; 4 tbsp of olive oil; black pepper (1tsp); salt (1 tsp); paprika 1 tsp).

Preparation: Shred the bread into small pieces and add it to the stock. In the meantime, peel the garlic cloves and fried them in a sauce pan with the oil on a medium fire ring until the cloves get a brownish color. Keep aside part of the oil and start mashing the garlic, the pepper, the red paprika and the salt in a mortar to get a brownish-red paste that will be incorporated to the stock together with part of the oil. Stir the soup with a wire whip to allow the bread get thinner and to obtain a good mixture of all the ingredients. Crack the eggs and stir both yolks and whites in the mortar with a fork (don't use the wire whip now as it would add air to mixture, and this is not a dessert). Finally, allow the soup to simmer for 10 minutes, cut the fire and slowly add the whisked eggs while stirring the soup with a fork to mix all the ingredients.

Typically Castilian in origin, the garlic soup is a traditional dish with a humble origin, which has undergone, with the passage of time, many variations in different parts of Spain. The Castilian garlic soup is one of the typical dishes of the Spanish cuisine that has a special significance in the area of Madrid and Castilla-Leon, although it is well known and prepared all over Spain. There are as many recipes as cooks, but garlic and bread are still the basic ingredients of this humble recipe that, over time, has evolved to become a special dish, with a series of ingredients that unthinkable in the middle ages for a normal family.



Castilian stew and soup (Cocido madrileño)

Four servings: 1/2 k of shank; 1/2 stewing chicken; 1 pig's trotter, quartered; 1/2 k of chickpeas; 1 marrow bone (4-5 inch-long); 100 g of streaky pork in a piece; 100 g of dry-cured ham; 1 chorizo sausage; 1 black pudding sausage; 150 g of short noodles; 1 carrot; 1 cabbage; 6 medium-sized potatoes; oil, some garlic cloves, celery, paprika, saffron, and salt.

Preparation: Keep the chickpeas soaked in water from the previous night; a good trick is to add some baking soda in the soaking water to improve the cooking process; this water will be eventually discarded.

Pour 1600 cc of cold water into a pressure cooker, add the shank, the pork, the marrow bone, the cured ham, the pig's trotter, and the stewing chicken. Let all these elements almost reach boiling point before adding the carrot, the celery, the chickpeas, and the salt. Next, lock the pressure cooker and let simmer for 16-18 minutes; after this time, open the cooker, and add the potatoes, the chorizo and blood sausages, the cabbage, cut into quarters. Lock again the cooker, let 4-6 minutes more; and finally open it again, sieve the liquid from the meats, discard the marrow bone and reserve the meats, veggies, potatoes in a warm place (a preheated oven for example), and use the broth produced to cook the small noodles. The resulting soup will be the first course, and the remaining elements can be arranged on a tray from which the second course will be served. Sprinkle some paprika (to the taste) on the stewed ingredients and also drizzle on them some extra virgin oil (recommended)



Catalan stew and soup with assorted meats and veggies
(Escudella i carn d'olla)

Six servings: 500g of ground beef meat; 1/4 of stewing chicken; 1 chicken cut into quarts; 200 g of raw pig's ear and snout; 1/2 pig's trotter"; 1 ham dry-cured ham marrowbone; 100 g of streaky pork; a big piece of backbone; 2 beef marrow bones pieces; 150 g of white Catalan sausage; 150 g of black Catalan sausage (both types of sausages are known as Butifarra blanca y Butifarra negra, respectively); 250 g of chickpeas, soaked previously in water 12 hr; 1cabbage; 250 g of peeled potatoes (rather small ones, or cut into cubes); 1turnip; 1 carrot; 1 leek; 1 branch of celery.

Ingredients for the meatballs: 200 g of ground pork meat; 250 g of ground beef pork; 1egg; 2 tbsp of breadcrumbs (finely ground); 1 garlic clove, finely chopped; parsley; salt; and flour.

Ingredients for the soup: 400 g of "galets" (a type of snail-shaped pasta piece)

Preparation of the meatballs: Mix both types of meats together with the egg, the parsley, the garlic, some salt and pepper, first with a fork and then with both hands to make a meat mass, which must be cut into 4 quarts to form 4 meatballs that will be dredged in flour and subsequently added to the stock.

Preparation of the soup:

Put the pig's trotters, ear and snout, together with the stewing chicken, chicken and bone pieces in a big pot and cover it sufficiently with water. Next, bring the pot to a boil and start to skim off the fat and other oily impurities released by the ingredients; after some 10 minutes add the chickpeas and bring back the pot to a boil. This done, add the carrot, the turnip, the celery, and skim off again. Let it all simmer for 90 minutes, a period long enough to render the meats soft. Then, add the cabbage, the potatoes, the sausages, the meat balls (pilotas in Catalán).

Let the pot simmer another half hour, check the salt taste, and add salt if necessary. Next, sieve all the ingredients, collect the soup

where the "galets" will be cooked, place all the veggies, potatoes, chickpeas and meats on serving dish to be kept in a warm place (a preheated oven, for example). The galets will be boiled in the soup according to the manufacturer's instructions, while the rest of ingredients will constitute the second course. Drizzle oil and add some salt and pepper to taste.

Fish soup (Sopa de pescado)

Four servings: 100 g of rice; 1/4 k of angler fish; 1/4 K of clams (whether fresh or frozen, soak the clam in brine water to get rid of the sand they may content; 1/4 K of mussels, 2 garlic cloves; 1 onion, finely chopped; 1 tbsp of tomato purée; Olive oil, salt, 1 bay leave, parsley, and some saffron.

Step 1: Prepare the fish stock by simmering the fish's bones, head and other parts that are not commercially viable, together with the bay leave and the parsley. Simmer for 20 minutes, sieve the stock and reserve it for a later use. Any fish stock must not simmer more than 20 minutes with the fish bones, or other elements, as it would turn bitter to the taste.

Step 2: Fry the onion and the tomato to produce the sofrito base; add some of the fish stock previously reserved (2-3 tbsp) to thin out the sofrito base, and let the preparation simmer for 10-12 minutes on a mild heat. Next, add the whole amount of fish stock, let it reach boiling point and add the rice, and 8 minutes later add the fish cut into pieces and the clams and mussels without their shells.





Spanish bean stew (Fabada asturiana)

Ingredients for 4 servings: 500 gr of Asturian white beans (fabes de la Ganja), soaked in water the night before; 2 Asturian chorizos; 2 Asturian blood sausages (black pudding); 100 g of shoulder of pork (a salted presentation of this piece of pork meat that is soaked in water to desalt it and which can be replaced by 1-inch slice of bacon it) 100 g of cured de tocino (replaced by 100 g of bacon), 1 onion, 2 garlic cloves, some parsley, and salt

Preparation: The first step is to have the beans soaked in cold water for at least 12 hours. They first become wrinkled but rehydrate again in no time. Also soak the meats in another bowl, but in lukewarm water. Next day place the meats first and the beans in a pot using the same soaking water; add the onion, the parsley, and the garlic cloves. Put the pot on a medium-to-high heat, and start to skim off the fat bubbles resulting from the boiling process. From time to time, add some cold water (not in excess) to cut the boiling process. This is called "frightening the beans" (asustar las fabes); it stabilizes the stew, or so they say. Next, lower the heat to a minimum level until it gets to a boiling point again and keep this rhythm of boiling for 3 hours, while checking that the beans get soft. Add the salt only at the conclusion of the recipe, never at the beginning as the meats used were salted; if the broth is too liquid, mash some beans in a mortar and add them to the broth.

This dish and the Fabada Asturiana are indeed hyper-caloric, and their content of fats is also high. This type of recipes were designed to feed people with the ingredients that were at the disposal of peasants and rural people. All the meats used come from pork preparations as these animal were easy to rear and could be fed with the leftovers coming from the domestic use. They provide a lot of energy and are not very healthy with regard to the present parameters of our modern and sedentary life-style. However, beans are excellent as an anti-aging food, and are known to be a good source of proteins.

The following link will add more info about beans:



Beans stewed with clams and prawns (Alubias con almejas y gambas)

Ingredients for 4 servings: 11 oz. of white beans, soaked in water from the night before (*); 1 large onion, cut into julienne; 1 carrot and 1 leek stalk, both cut into half-moon slices; 2 tomatoes, cut into quarters; 3-4 oz. of prawns, peeled; 2-3 clams, soaked in salted water from the previous night to eliminate any remaining sand; 1 l of fish stock.

Preparation: Cook the beans until they're soft with some salt, remove from the heat, sieve and set aside on a warm place. Sauté the veggies until they soften; add the fish stock, simmer for some mins, mix with the hand blender and strain through a china cap (this can be done the previous day).

Sauté the prawns, and put the clams in a small pot with a little bit of hot fish stock and wait until the clams open. And finally, mix the beans with the veggies cooked in the fish stock, the clams and the small amount of stock used to cook them until open. (*) Canned white beans can also be used; discard though the cooking liquid and rinse the beans with abundant water.

This bean soup that I present here is indeed a much healthier recipe than those using pork meats, sausages, black puddings, etc. Many of the ingredients used in such dishes were humble and economic, on the one hand; but also they provided a lot of energy, so peasants working in the farm lands and in the woods ate these fat-rich foods that became burned in their daily exhausting activities. So, cholesterol-derived diseases were very rare in those days for farmers and the likes. This recipe above is a sophisticated and refined dish that won't cause any serious fat-related impairment. As to the other recipes, they don't represent a danger if they are consumed moderately (once a month).



Lentils soup with spare ribs & chorizo (Lentejas con costilla de cerdo)

Four servings: 250 g of lentils; 150 g of spare ribs, cut into 1-inch pieces; 80 g of streaky bacon, cut into thick pieces; some chorizo slices; 1 carrot, sliced; 1 onion, finely chopped; 4 tbsp of tomato purée; 2 garlic cloves, peeled; 1 slice of bread fried in oil; 1 bay leaf; 1 liter of chicken/veggies broth;

Preparation: Salt and pepper the spare ribs and fry them in a casserole with some oil until they get brown color, and set aside. Next, add the chorizo slices, let them fry very lightly, add the onion, and let simmer for some time on a medium heat. After some minutes add the tomato purée, let simmer another ten minutes (add some of the stock if you see the ingredients look to thick). In the meantime, pound the garlic cloves and the fried bread in a mortar, and the result is added to the casserole together with the bay leaf. Finally, add the lentils and the stock; at first you will think there's too much water, but lentils absorb a lot of liquid, so keep an eye on them to see if they need more water (not more broth)The cooking time now is around 45-55 minutes (depending on the type of lentils). A pressure cooker can also be used, although taking into account the frying procedure explained before.



**Fresh tuna-fish stewed with potatoes
(Marmitaco)**

Four servings: 500 gm (1.1 lbs) of tuna fish cut into 1-inch cubes; 3/4 potatoes (1.1lbs); cut into 1-in chunks; 1 red pepper; cut into brunoise; 1 green pepper; cut likewise; tomato purée, 8 tbsps; 2 medium sized onions cut into brunette; the pulp of a rehydrated "pimiento chorizero" (a dried-up red pepper used to color and flavor pork meat in the production of chorizos)

Preparation: Start frying the onion dices in a casserole on a medium heat ring and add some salt; after some 10 minutes start adding the red and green peppers, and stir the ingredients with a spatula. Keep stewing all the vegetables for a minimum of 5 minutes, and then add the tomato, and after another 5 minutes add the potatoes, the pulp of the rehydrated pepper (or its substitute) and stew on a medium heat for 20 minutes. Salt the tuna cubes before they are added to the stew and allow a 2-minute cooking (no more than that as the fish cubes would become less juicy). This dish should be consumed before it gets cold.

The origin of Marmitaco, or Marmitako, can be found in the Basque fishing boats. In years gone by, cooks had very few ingredients on board to prepare a good meal; so some fish, potatoes and little else were enough to keep the crew alive and kicking. Its name comes from the earthenware pot known as "*marmita*", which is the casserole in which marmitako is prepared. It is indeed an excellent stew that is famous on all the northern part of Spain, and is also known as Sorroputum in Cantabria, or Caldeirada in Galicia.



White beans stewed with black pudding
(Alubias blancas con morcilla)

Ingredients for 6 servings: 18 oz. of dry white beans; 3 oz. of chorizo; 4 oz. of spare rib; 1 oz. of salt pork; 6 oz. of black pudding; 1 carrot, sliced, 4 tbsp of Biscay sauce.

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Preparation: Keep the beans soaked in water from the night before. Cut the spare ribs and the salt pork into cubes, but leave the chorizo whole. Next, place all the ingredients in a pot with enough water to cover them and start to simmer on a low heat. The water must be at room temperature as this facilitates the expansion of flavors from the ingredients to the surrounding liquid, which will constitute the soup. The boiling process must be slow and continued until the beans get a soft consistency, so it will prevent beans from breaking. The Biscay sauce must be added during the boiling time. The chorizo will be cut into slices when the soup is to be served.



Fried mushrooms, filled with Serrano ham
(Champiñones rellenos de jamón.

Ingredients: 7 oz. of mushrooms; 3 oz. of 4 oz. of Serrano ham, finely chopped; 1 garlic clove, finely chopped; 1 onion, finely chopped; 1/2 l of béchamel sauce; 4-5 tbsp of breadcrumbs, finely ground.

Preparation: Remove the mushroom stalks, and sauté the caps and the garlic in olive oil. For the filling: Sauté the onion, add the Serrano ham, stir and add the béchamel sauce to form an homogeneous mixture. Stuff the mushrooms with this mixture, and use the rest of the sauce to dredge the stuffed mushroom caps in it. Place now the mushrooms in the fridge so the béchamel sauce get thicker and harder. Next, dredge the pieces in the breadcrumbs and deep-fry in oil. Serve before they cool down.

There are numerous species of mushrooms, most of them are edible, and their low amount of calories has made of them a food common in slimming diets, a non negligible percentage of their composition provides very important nutrients for our health. Mushrooms are a good source of B vitamins, which are necessary for the proper functioning of the nervous system. They also provide zinc and selenium, and are included in the diet of vegetarians and people under a weight-loss diet or with cholesterol problems: it's a non-animal food (it is not a vegetable either, contrary to what many people think), with no fat, hipocaloric and easy to digest. Zinc is needed for healthy hair and nails; besides the lack of zinc leads to problems in the formation and functioning of the reproductive system, hence its reputation as an aphrodisiac food. Selenium is a trace element with antioxidant properties that helps preventing degenerative diseases and tumors, and it also has an excellent impact on the health of skin, hair and nails.



Coca de recapte (It is a kind of Catalan pizza dated from Roman times)

Ingredients for 4 servings: 400 g of flour; 150 ml of water; 20 g of pressed yeast; 10 g of salt; 4 onions, finely chopped; 3 peppers, baked and peeled (can be replaced by canned ones; 2 baked eggplants; 2 ripe tomatoes, finely chopped; 4 herrings, or 6-8 anchovies ; olive oil; salt.

Preparation: Dissolve the yeast in warm water and add some salt.

Make a flour volcano and add the yeast. Knead the mass to get an homogeneous consistency, and let it sit with a table-napkin on until it doubles in size.

Make a sofrito with the onion and the tomatoes in some oil. Flatten the dough on a lightly floured surface, and give it an elongated shape of 15 x 20 cm in size. Spread the sofrito and the baked veggies on the dough; add some salt, place the herrings on, and sprinkle some olive oil. Place the preparation in a preheated oven, and bake until the dough is clearly cooked.

It is mainly produced and consumed in the Catalan provinces of Girona, Barcelona, Tarragona and Lleida. It is a dough preparation topped with peppers and eggplants -previously roasted in the oven- and other ingredients, such as tuna, onion, sausages, olives, tomato, herring, etc. Its origin is unclear, although some attribute it to the times when Romans ruled Hispania, and it because coca resembles the Italian pizza, although many other talk of a possible Arab origin. Here we have again a very complete and healthy preparation, as we come across a display of proteins, fiber, vitamins, and carbohydrates. Fats must be restricted to the type of meats (pork preparations, such as sausages, bacon, etc.) used and the amount of oil used in the roasting process of the veggies mentioned before.



Codfish fritters (Buñuelos de bacalao)

Four servings: 200 g of desalted cod-fish, drained on paper towels; 1 egg, 150 g of flour; coloring powder (better if you can afford saffron, a few chopped strands); Salt, 1 tbsp of yeast, or baking soda.

Preparation: Shred the desalted codfish into small pieces and mix all ingredients in a bowl to form an homogenous and not-too-thick paste (a bit runny, but only a bit). What is left to now is to scoop some paste with a tbsp and drop it on hot oil and fry until the fritters get a nice brown color; you can use a deep fryer, or a sauce pan with enough oil (in this case you can use sunflower oil, although take into account that this type of oils have a lower boiling point, so they become denatured earlier). Once they are fried, drain them on paper towels to discard excess of oil.

As to codfish fritters, they are also a salted type of puffs that are delicious as a finger food; I have mentioned before that croquettes can be eaten warm or at room temperature, but this does not apply for cold codfish puffs as they taste much better just straight from the pan or the deep fryer. They can also be served accompanied by a salad in order to balance the intake of fiber and vitamins from the salad ingredients.



Cheese & bacon puffs (Buñuelos de queso y bacon)

Four servings: 125gm of grated cheese; 125 gm of bacon cut into very small cubes; 1 egg; 125 g of flour; 300 cc of water; Salt; 1 tsp of yeast (o baking soda); coloring agent.

Preparation: Fry, lightly, the bacon in a sauce pan with no oil, and reserve it on kitchen roll paper. Mix all the ingredients in a bowl together with the bacon to form a not-too-thick paste. Scoop some paste from the bowl with a tbsp and drop it into the hot oil. Remove each fritter when they get brown, and let them drain on paper towels.

Puffs, sweet or salted, are a dough that is fried in plenty of oil, and can be made with water, milk, egg or yeast. They also may include a filler that can be sweet or salted, as for example apple or fish. The Moorish were the first to consume puffs. Their citizens, were people of modest means, who inhabited the southern territories of the Iberian Peninsula and had menial jobs; some of them were hawkers who sold this product in fairs and street markets. Puffs were, in their sweet version as desserts fried in oil and covered with honey, very typical in Seville and Granada. Furthermore, this specialty was adopted by gypsies, after the expulsion of the Moors from the Spanish peninsula, and has come to these days. In some Latin American countries like Colombia and Mexico, puffs are served at Christmas; in Colombia it is customary to prepare them with a mixture of eggs, grated cheese, corn flour and sugar. In Mexico they are commonly found in many popular fairs.



Codfish croquettes (Croquetas de bacalao)

Ingredients for the croquettes: 300 g of desalted, and boneless codfish, shredded; 100 g of potatoes; 2 eggs; 1 tbsp of parsley finely chopped; 3 tbsp of flour; 200 g of breadcrumbs, finely ground; olive oil.

Ingredients for the béchamel: 50 g of butter; 2 dl of milk, black pepper; nutmeg.

Cut the potatoes into cubes and put to boil in water for 15 minutes; add the codfish 2 minutes before the time limit expressed; sieve both ingredients, put in a bowl together with some béchamel sauce, the fine chopped garlic cloves and let it cool for 4 hours in the fridge. Form the croquettes with 2 tables spoons (in the same way as quenelles), flour them, soak them in the whisked eggs, dredge them in the breadcrumbs, and fry to slight brown color. They are also delicious at room temperature.

Codfish - first salted for preservation reasons, and then desalted for the preparations of the different recipes- was a good solution for those inland regions of Spain as in those days when there were no refrigeration systems to keep the fish meat in a good preservation state, so the people in Madrid, for example, could eat a fish preparation without having to travel to a coast town. The same applies for other sort of fish meats. Today, though, desalted codfish is still found (and I hope for many years to come) in our markets for the preparation of many recipes. Also, it can be bought salted today, kept in the fridge, or in a very dry place, for months, and then desalted to prepare any recipe of the uncountable number of preparations that the Spanish Recipe Book has in stock; all of which is a good advantage to its favor.

PhotoGastrosite by Carlos Mirasierras



Serrano -ham croquettes (Croquetas de jamón)

Four servings: One golf ball of butter; 4 tbsp of flour; milk; 350 g. of cured ham cut into very small cubes; 3 eggs (2 of them fresh, and the other one hard-boiled and finely chopped); breadcrumbs (finely ground).

Preparation: Melt down the butter in a pan on a medium fire, and add the flour to get a thick paste. At this moment add the milk (preheated) bit by bit to get a thick béchamel that will allow to produce the croquettes.

Now add the ham dice and the hard-boiled egg to this béchamel, stir all the ingredients and pour this paste in a bowl to get cold.

Once the croquette paste is cold, arrange 3 plates in a row: one containing the flour, another containing the egg/s whisked, and the other containing the breadcrumbs. Form the croquettes by cutting some paste with a tbsp and shape a quenelle-like croquette with the help of another tablespoon. Now, flour the croquettes, soaked them in the whisked egg and cover with breadcrumbs, while giving the finishing touches to the form of croquettes with both hands. Finally, fry the croquettes in abundant olive and place them on paper towels.



Boiled ham and cheese croquettes (Croquetas de jamón cocido y queso)

Four servings:

100 g of grated gruyere cheese; 50gm of boiled ham, cut into small dice; 25 g of flour; 150 gm of finely ground breadcrumbs; 25 g of butter; salt, pepper, nutmeg; 1 whisked egg, parsley, oil, and some lemon slices.

Preparation:

Mix the cheese, the egg, the boiled ham, and the butter, melted down; add the salt, the pepper and the nutmeg to all this and make an homogeneous paste. Form 1-inch balls with this paste that will be dredged in flour, then soaked in whisked egg, covered with breadcrumbs and finally fried in oil.

Many people think of the *kroket* as a quintessentially Dutch delicacy, but according to Johannes Van Dam, a well-known food expert in the Netherlands, the Sun King's chef was the first to describe them in writing. In fact, Van Dam has tracked down a French recipe for croquettes dating back to 1691, while the earliest Dutch recipes supposedly come from the 1830s. Even the name *kroket* was taken from the French - from *croquer*, 'to crunch'.

Croquettes gained in popularity in the Netherlands in the 18th century, when French food was all the rage in the Low Lands. And, while their origins are French, what is typically Dutch is the way these treats are consumed today. Once a frugal way to use up leftover bits of stewed meat, nowadays *kroketten* are often mass produced and bought ready-made from fast food chains and snackbars, and consumed as street food. The Dutch love their *kroket* so much that McDonald's has even created a burger with a *kroket*-patty called the McKroket.



Chicken croquettes (Croquetas de pollo)

Four servings: 300 g of chicken meat (cooked, roasted or boiled from a stock preparation); 1/2 onion, finely chopped; 4 tbsp of flour; 250 dl of warm milk; 200 dl of stock (or similar amount of water and 1 cube stock); 1 egg; breadcrumbs (finely ground); olive oil, a pinch of salt.

Preparation: Chop the meat, remove the bones, skin, fat and reserve. Fry the onion in a pan on a light fire until it gets softer; then add the flour, stir all the elements and cook for a few seconds while stirring the mass; then add the milk and the stock (both warm), and the nutmeg (***Béchamel sauce***). Spoon again all the elements, add the meat, and go on cooking on a mild fire until you see that the mass takes on a semi-compact aspect and detaches, bit by bit, from the walls of the casserole.

Let the mass get cool; next start to form the croquettes by scooping some of the mass with a table spoon and shaping a quenelle with another table spoon; cover with flour, soak each piece in a bowl containing 1-2 whisked eggs, cover with breadcrumbs and finally fry in a generous amount of oil. Croquettes can be accompanied by a green salad to add some fiber to your diet.



Tuna-and-rice peppers (Pimientos rellenos de atún y arroz)

Six servings: 2 cupfuls of boiled rice; 6 red/yellow/green bell peppers, equal in size; 2 cans of tuna fish (some 250 g), sieved; 100 g of pitted black olives, cut into slices; 1/2 cupful of a not-too thick mayonnaise; olive oil; finely chopped parsley; Salt & ground pepper to taste.

Preparation: Cut the upper part of the peppers and remove the seeds. Place them in a wire basket in hot water and let them simmer for 10 minutes (they should be firm after cooking).

Mix all the ingredients in a bowl, add some salt and pepper to taste, and start carefully filling the bell peppers with the stuff previously mentioned. Put some shredded cheese on top of the peppers and place them under the oven broiler at 160°C (320°F) until they get a nice gratin color.



Meat-stuffed bell peppers (Pimientos rellenos de carne)

Four servings:

Eight red bell peppers, seeded and with the stalk and top removed; 400 g of beef meat; 100 g of canned mushrooms, sliced; 2 onions, finely chopped; 6 tbsp of tomato purée; 2 tbsp of flour; 4 hard-boiled eggs, grated; olive oil; salt

Preparation:

Sauté the onion in 3 tbsp of oil on a medium fire for 5 minutes; after this time, add the mushrooms, simmer it a bit more, add the flour and mix it all; ten minutes later add the meat, some salt and continue simmering for 4-5 minutes. Now is time to add the tomato purée and to let it simmer until the ingredients turn into a thick mass. What is left to do now is add the grated eggs, and start filling the peppers, which you can crown with some shredded cheese. Place these peppers in a roasting pan and in a preheated oven at 160°C /320°F).



Tuna fish in tomato sauce (Atún con tomate)

Four servings: 1/2 kilo of fresh tuna fish cut into 1-in dices; 1 onion, cut into brunoise; 250 dl of fried tomato; 2 garlic cloves, cut into small dices; 1 dl of olive oil; salt & black pepper; half a glass of white wine; a pinch of oregano & 1 bay leave.

Preparation: Fry the tuna dices on an intense heat in a pan with 3 tbsp of olive oil, and reserve (the ideas is to "seal" the external side of the tuna dices and leave the central part of them more juicy). On another clean pan add 2 tbsp of olive, fry the garlic and add the onion before the garlic turns too brown; keep frying both ingredients on a low fire for some minutes, add the tomato and allow 10 minutes of cooking on low heat.

Once this process is over, add the tuna fish, the salt, the pepper and the wine; stir the ingredients to get a perfect combination and allow 2 or 3 minutes on a low heat (The sauce must have a thick aspect).



Oxtail stew (Rabo de ternera/buey)

Four servings: 1 oxtail, cut at the joints; 1 onion, diced; 1 carrot, sliced; 2 garlic cloves, peeled, 2 small tomatoes, chopped; 1/2 liter of red wine; 3/4 liter of beef stock (to cover the meat pieces)

Preparation: Salt and pepper the oxtail pieces, dredge them in flour, remove the excess of it, fry in some olive oil, and once they are brown move them to a pressure cooker with some oil. Fry the onion and the carrots in the same oil (as long as it hasn't got burned due to an excessive gas fire) as well as the tomatoes, the garlic cloves for at least 10-15 minutes. Add the wine, allow it to evaporate, and then add the stock. Now you can also move these ingredients to the pressure cooker. The amount of liquid in the cooker must not be too excessive, or too short.

Place the cooker on the fire with the lid on and locked, and allow 30 minutes of cooking. Next, let the cooker cool down, open it, remove the tail pieces to check if they are properly cooked (if so, the meat detaches from the bone vertebra easily); in the event that the sauce is too watery and abundant, it can be reduced and concentrated by boiling it separately some more time (without the pressure lid on). Once this has been accomplished, process the sauce and vegetables with a hand-held-blender and pass the content through a sieve (a china cap will do), mix again the pieces with sauce and reserve the stew in the fridge till next day, as stews cooked the day before taste much better.



Stewed meatballs with cuttlefish (Albóndigas con sepia)

Four servings: 500 g (2.2 lbs) of ground meat (70% of beef and 30% of lean pork meat); 4 medium-sized cuttlefish (cut into 1-inch pieces); 3/4 potatoes (some 500 g/1.1 pounds); 2 medium sized onions, cut brunette; 5/6 tbsp of tomato purée; 100 gm (0.22 pound) of green peas (canned green peas can also be used, but should be added only 6/7 minutes before the conclusion of the preparation).

Preparation: Put the ground meat, the garlic, the parsley, the salt and the breadcrumbs in a bowl and mix all the ingredients to get an homogeneous mass that will be kept in the fridge for a couple of hours. Next, start forming the meatballs as usual and cover with flour, not excessively, before they are fried in a pan with some oil and reserved.

Start frying the onion in casserole with some oil for some minutes, add some salt, as well as some water if the onion starts to get thicker and runs the risk of getting burned. Add the cuttlefish cuts and stir it all (after a few minutes you will see that the cuttlefish start to release some juices, which is normal and convenient). Once the cuttlefish's juices have become reduced, add the tomato purée and let the recipe simmer for 10-12 minutes; after this time you can add the meatballs and simmer for about 45 min.

This sort of recipes are known in Spain as: "Mar y Montaña", that is, "Sea and Mountain", because the main ingredients include fish and beef, or pork, or poultry, or any other land animal added to the sea land animal.



Meatballs with mushrooms (Albóndigas con setas)

Ingredients for the meatballs: 400 g of ground meat (50% lean pork meat & 50% beef meat); 20 g of finely ground breadcrumbs; 2 garlic cloves, cut into small brunoise; 2 eggs; half glass of white wine; salt, black pepper, nutmeg, and parsley.

Ingredients for the sauce: 400 g of assorted mushrooms (fresh or canned); 1 small onion; 2 bay leaves; 1 stock cube; 1 glass of white wine; 200 ml of stock (or same amount of water with a stock cube); salt & pepper.

Preparation: Mix the ground meat, the garlic, the parsley, the salt and the breadcrumbs in a bowl to get an homogeneous mass that will be kept in the fridge for a couple of hours. Next, start to form the meatballs and dredge them in flour, not excessively, before they are fried in a pan with some oil and reserve.

Later, fry the onion in a casserole on a medium fire, and once has softened, season to taste, and add the meatballs, the stock, the wine and the bay leaves; stir the ingredients, and let simmer for an hour (if you use canned mushrooms, add them 10 minutes before the conclusion of the recipe).



Russian Steak (Bistec ruso)

I have read several recipes on this minced meat preparation, but all of them are different and quite bizarre. So I have finally come up with a recipe that my grandma used to cook a long time ago.

Four servings: 800 g of minced beef meat; 1 egg; parsley and 3 garlic cloves finely chopped; salt ; breadcrumbs (finely ground).

Preparation: Grind the meat in the processor to the size normally used in hamburgers. Mix the ground meat, the egg, the salt, and the finely chopped parsley and garlic, to form balls the size of a tennis ball, and then flatten to a half-inch-thick hamburger-like steak. Cover with finely-ground breadcrumbs (it's necessary to homogenously press the meat on the breadcrumbs, so they cover the meat, and then fry in a generous amount of sunflower oil.



Lamb Casserole (Caldereta de cordero)

Four servings: 1 kilo of lamb meat (breast or shoulder of lamb), cut into 1 and 1/2-inch pieces; 50 g of lard; 3 garlic cloves; 1 tbsp of dried herbs (thyme + oregano); 2 onions, cut in brunoise; 2 tbsp of flour; 1 bay leaf; 100 cc of dry white wine ;200 cc. of meat stock, or water enriched with a stock cube; a few mint leaves;3 peppercorns and salt.

Preparation: Season the meat pieces with salt, black pepper and the dried herbs. Melt the lard in a casserole, wait until the fat is a bit hot and add the cloves, let then brown a bit, remove them and reserve for a future use. Now you can add the meat, and let it brown, too, on a mild fire. Add the onion and allow some simmering before adding the flour that will be dissolved by the addition of the wine and the bay leaf. Let the alcohol evaporate on a high fire and cover the ingredients with the stock. The stew must be on the fire for at least 25 minutes, now on medium heat; on the other hand, pound the garlic cloves, the mint leaves and the peppercorns and add it all the casserole before the conclusion of the recipe.

Lamb is the meat of a young sheep (male or female, less than 300 days old and a weight between 5.5 and 30 kilos) that is used for human consumption; after this period of time the meat is renamed as mutton. Lamb dishes are often found in some Maghreb cuisines, where lamb tagines are the most famous preparations. It is a very common meat ingredient in Mediterranean gastronomies, as well as in India and in parts of China. Lamb in Argentina is one of the most prized delicacies in Patagonia. Argentina top lamb meats come from the province of Tierra del Fuego and neighboring regions. In many barbecues and grills of the country this lamb meat is a priced food item. In Mexico, lamb is widely consumed barbecued, grilled, or baked together with great a variety of sauces and spices. Spain and the rest of European gastronomies could not be an exception, and many recipes can be found in the numerous lists of recipes dated from the middle age.



Stewed tripe with cured ham and Asturian Chorizo and black pudding (Callos a la madrileña)

In general, tripe (callos) is sold blanched, so all you need is to cook it on a sofrito (sautéed sauce), and that's all. **Four servings:** 800 g of tripe cut into 1-inch pieces; 2 Asturian chorizos, cut into 1/2-in slices; 2 Asturian black pudding sausages (a kind of smoked black pudding sausage); 150 g of dry-cured (Spanish) Serrano ham, cut into dices (better if the ham is Ibérico); 2 small onions, cut into brunoise; half glass of tomato purée; 1 green pepper, cut into big chunks (in the event they have to be removed); 1 tbsp of flour; salt % olive oil.

Preparation: Sauté (slightly) the chorizo slices and the ham dices in a casserole with olive oil (no more than 4 tbsp) on a medium-low fire; add the onions, finely chopped, stir well to mix all the elements and after 5 minutes add the flour and stir again to prevent it clings to the casserole. Add the tomato purée, the green pepper and mix everything properly; add some water, or a glass of white wine to deglaze the flour on the bottom. Next, add the tripe, stir well and add some water (500 cc). Simmer the recipe for 90 minutes, but add the Asturian sausages 25 minutes before the end. You can also add canned pinto beans 5 minutes before the end.

The origin of this recipe is uncertain, although some recipes dated back to 1599 mention it, as when a novel called Guzmán de Alfarache, written by Mateo Alemán describes a tripe dish as "revoltillos (mixture of different ingredients) made of guts, with some parts of the stomach of the animal". Some argue that immigrants from Asturias brought the recipe from their land, this would explain why Asturian chorizos and black pudding sausages are used in the traditional recipes; although some variants of this dish are found in different parts outside Spain. As in many other humble recipes, this dish born in rustic taverns has become over time in the menu of the most prestigious and posh restaurants of Spain.



Stewed meat with mushroom cream (Carne con champiñones a la crema)

Four servings: 600 g of veal (or pork) sirloin; 100 g of mushrooms, cut into thin slices; 8 tbsp of butter; 1 onion, finely chopped, 1tbsp of flour; 1 glass of white dry wine; 2 dl. of milk cream; black pepper.

Preparation: In the first place, fry the mushrooms in the butter for a few minutes, then add the onion, some salt, and continue frying until both elements turn a bit brown. Add the wine until both the alcohol and some of its liquid fraction evaporate, add the flour, stir with the wire whisk to get a thicker mass that will give rise to a béchamel-like cream; and finally add the milk cream to it, and process the resulting sauce with a grinder to get a mushroom cream that will be reserved for a later use.

In this meat and mushroom recipe the use of Paris mushrooms is much appropriate than that expressed in the recipe "Meatballs and Mushrooms", since in the former case the cream provides a wrapping sauce that doesn't change neither the uniform color of the dish nor the taste that Paris mushrooms have. Therefore, assorted mushrooms should not be used with cream-based sauces since color and taste end up becoming a bizarre composition.



Pork chops with plums and plum mermelade (Chuletas de cerdo con ciruelas y mermelada de ciruelas)

Four servings: 4 pork chops of 175 g each; 16 pitted prunes; a glass of red wine; 2 tbsp of flour; 2 tbsp of olive oil; 25 g of butter; 1 tbsp of red currant jelly; 25 cl of milk cream; salt & pepper.

Preparation: Keep the prunes soaked in the wine for 12 hours. Drain the wine and reserve it for a future use. Sprinkle the chops with salt and black pepper, cover with flour (lightly) and fry them with butter and olive oil until they take on a nice brown color, and set aside.

Add the wine and the prunes to the pan where the chops were fried. Allow some simmering for a few minutes, remove again the prunes, and reduce the sauce to a third of its size by increasing the gas fire; add the red currant jelly together with the milk cream and stir well with a wire whip until the sauce gets an homogenous consistency.

That done, add again the chops, let them simmer on a medium-to-high gas fire until the sauce reaches a boiling point for a few secs, and serve the chops straightaway with the sauce on top. You can also sieve the sauce with the china cap to get a thinner sauce. Finally, flour the prunes, as well as some zucchini sticks, fry them and use them as accompaniment.



Baked Pork's Knuckles (Codillo de cerdo al horno)

Four servings: 4 knuckles; 5/6 onions (small-sized); 4/5 tomatoes (medium-sized); 4 un-skinned garlic cloves; 2 carrots, cut into thick; 1 red pepper, chunked; 1 green pepper, chunked; 2 potatoes, chunked; 8 tbsp of olive oil + 4 lard cubes (which can be replaced by some more oil); 1 glass of white wine & some warm stock; salt & pepper.

Preparation: In the first place, brown the knuckles in a frying pan with some oil. Set them aside for later on, and add the wine to the pan to deglaze the brown coating produced by the process of browning the meat; add also some stock and let both liquids get concentrated on a medium-to-high heat. Wet the roasting pan with some of the oil and add the lard; place the sliced potatoes, the onions, the tomatoes, the un-skinned cloves, the carrots and, of course, the knuckles. Drizzle the remaining oil on all the ingredients, add some salt and pepper and introduce into a pre-warmed oven at 200 °C (392°F). Adjust the oven temperature to 160° C (320°F) and wet the preparation frequently with the sauce made in the pan. The baking time is estimated to be 1 hour and 20 min.



Stewed pork knuckles (Codillos a la cazuela) (This is, more or less, the same recipe, but with a different cooking procedure that excludes potatoes)

Four servings: 4 knuckles; 5/6 onions (medium sized) cut into brunette; 5/6 tomatoes (the same size as above); 4 un-skinned garlic cloves; 2 carrots cut into 1-inch slices; 1 red pepper, cut into strips; 1 green pepper, cut into strips; 1000 cc of beef stock; 2 tsp of flour.

Preparation: As in the other recipe, fry first the knuckles and the garlic cloves until they all get brown, remove the knuckles from the casserole, set them aside and discard the cloves; now add the onion and the flour; stir the ingredients and add the carrots, the peppers, a pinch of salt, and let it simmer for a few minutes, then add the tomato, let another 10-minute simmering, and finally add again the knuckles, together with the stock. The procedure now is to let the recipe simmer on a mild heat for 25 minutes, remove the knuckles again, process all the ingredients with a hand-blender, sieve it all with a chine cap, and put back again the knuckles in the casserole. The time left now of cooking is about 25 minutes (knuckles are cooked when you see that the meat around the bone shrinks and this allows the bone to be seen). The presentation of the recipe must be juicy but not soupy.



Stuffed Beef Roll (Redondo relleno con ciruelas)

Four servings: 1500 g of beef skirt steak; 220 g of pitted prunes previously soaked in 200 ml of red wine for an hour; flour; 2 carrots; 1 large onion, cut into 3-4 pieces; 100 ml of olive oil; 1 tsp of beef extract; a golf ball of butter; salt & black pepper; some zucchini slices dredged in flour & egg and fried to accompany the recipe.

Preparation: Spread the whole piece of meat out on the cutting board, salt and pepper and place on the pitted prunes (which have been previously strained); save though a few for the sauce. Roll the meat on itself to make a big sausage-like piece, taking care that prunes don't spread out from the inside and then tie it with a butcher's string. Place the meat, the carrots, the onion, the olive oil, and the wine used with the prunes in a roasting pan and move it to a preheated oven to (200°C (390°F)). Turn the meat from time to time and wet it with the surrounding sauce.

When you think the meat is done, untie it and reserve it in the oven (now turned off), collect the sauce, and the veggies, and put it all in saucepan with the golf ball of butter, the beef extract, the flour, and some more wine if the amount of sauce seems to be short for the amount of meat. Bring the ingredients to a boil and reduce a bit. Next, process the sauce with the veggies, strain it thru a china cap, and boil until it thickens. Accompany the meat with sautéed zucchini.



Beef stew (Estofado de vacuno)

Four servings: Five-hundred g (1.1 lbs) of beef meat cut into 1-inch dices; four middle-sized potatoes (1.1 pounds), cut into cubes; 1 large carrot cut into not-too-thin slices; 3 ounces of green peas; 1 bay leaf; 1 glass of white wine; 1 big-sized onion, cut into brunoise; 5 medium-sized ripe tomatoes, or 5 tbsp of tomato purée; 4 tbsp of olive oil, salt, pepper, 3 un-skinned garlic cloves.

Preparation: In the first place, start frying the meat (with no salt added) in a casserole on a medium fire until it browns. Add the chopped onions to let them get some brownish color, and add the tomato together with the garlic cloves and the bay leaf. Stir the ingredients so they don't stick on the casserole surface (add some water to thin out the mixture) and continue simmering for a while. Then add the wine, stir it all, and let simmer for a few minutes; add the water (enriched with a stock cube) to sufficiently cover all the ingredients, and stew for 70-80 minutes (or use a pressure cooker for a shorter time). It is important to control the stew process, and stir the ingredients to avoid they stick to the bottom of the casserole. Once the meat has been stewed, add the potatoes (do not lock the PC with the lid), together with some more water (in the event the preparation looks short of juices), allow the recipe stew for some 20 minutes, and serve as usual. In general, stews are more savory from one day to the other.



Fricando

Four servings: 800 g of beef cut into steaks of 50-60 g each; 30-50 g of dried up mushrooms (Marasmius oreades, also known as scotch bonnet or fairy ring mushroom); 1 onion, finely chopped; 3 tbsp of tomato purée; 750 cc of mineral water; a glass of brandy; salt & black pepper.

Preparation: First, it is of the utmost interest to have the mushrooms soaked in the specified amount of water for at least 6 hours (this is to extract the organoleptic properties of the mushrooms, which will pass to the water; don't ever use hot water).

Salt and pepper the steaks, dredge them in flour (cover them properly but reject the excess). Start by frying the meat in a casserole with olive oil (6-8 tbsp); it must be done on a medium fire, although trying not to overheat the oil in excess as the other ingredient will be later added to this oil. Once the meat has been fried and has browned a bit, add the onion and give a good stir to deglaze the flour on the bottom, which is now brown and which will give color to the final sauce. Let the onion simmer for 10-15 minutes on a medium-to-low heat, and rehydrate with some of the water in which the mushrooms were soaked (now the mushrooms must be sieved and kept aside, and the water must have a slight brownish color).

Next, add the tomato, stir again, and let simmer for another ten minutes (rehydrate if necessary). Now, add the meat and the mushrooms, stir it all, add the brandy (do not flambé) and cover with a lid. Stew the preparation for 2 minutes, and finally add the water with no lid on. The remaining time of cooking will, more or less, be 60 minutes.

The photo on the left side of the recipe shows the mushroom in their dry presentation.





Chicken drumsticks with Sanfaina (Muslos de pollo con Sanfaina 48

Four servings: 8 chicken legs; 1 red pepper and 1 green pepper, both cut into brunoise; 1 medium-sized eggplant; 1 big-sized onion, cut into half-moon slices ; 5-6 ripe tomatoes, coarsely cut; 3 garlic cloves, cut into slices; olive oil & salt.

Preparation: Salt the chicken drumsticks and fry them in a casserole with olive oil (4-5 tbsp) until they brown (you can also remove the chicken skin if you want to).

Now, add all the veggies to the casserole, together with some salt, and let it all simmer for an hour on a mild fire with the lid on. Shake the casserole from time to time.



Shoulder blade of lamb (Paletilla de cordero)

Two servings: 1 lamb shoulder blade; four ripe tomatoes; 10 garlic cloves; 1 large onion (or 2 medium ones); 2 bay leaves; thyme; rosemary; 4 tbsp of olive oil; salt & pepper.

Preparation: Remove superfluous skins and fat. Pierce some cuts on the meat with the point of a knife and introduce a garlic clove on each cut; do not salt. Place the piece on a roasting pan, pour 2 tbsp of oil on it, and place in a oven preheated to 240 ° C (464° F). In the mean time, cut the tomatoes and the onions, place them on a plate, add the salt and the pepper as well as the thyme, the rosemary, the bay leaves and the rest of oil.

After about 15 minutes, depending on the desired point of roasting, add the ingredients of the plate; at this point you can also add a few medium-sized potatoes, previously peeled.

Forty-five minutes later you can salt and pepper the meat; at this point the piece is not very roasted yet, but you have to lower temperature to 175 °C (346° F) to get the good roast point that you wish. Also, you can also add small peeled potatoes, previously boiled in some water and salt, 5 minutes before the conclusion of the preparation, or serve with mashed potatoes, or boiled and fried potatoes as a garnish.



Pig's trotters with snails (Pies de cerdo con caracoles)

Four servings: Four pig's trotters cut lengthwise; 50 g of chorizo cut into slices; 50 g cured ham, cut into cubes; 50 g of bacon, cut into cubes; 2 tbsp of flour; 1 large onion, finely chopped; 6 tbsp of tomato purée; 1 bay leave, some peppercorns, a few sprigs of parsley, sage, rosemary and thyme (it sounds to me like a Celtic love song to me, I wonder why).

One bag of frozen snails (In previous times, snails had to be collected and allowed to fast for at least 10 ten days; then they were thoroughly washed several times with water, salt and vinegar, and put in a casserole with water on a mild gas heat and they started to poke their bodies out, and so they could be cooked to death without their "retreating" back to the shell. Today, we can spare all this process and use a frozen presentation of the product that has all the necessary hygienic guaranties).



Pig's trotters management: In general, pig's trotters in Spain are sold blanched and singed, so what is left to do for this recipe is to previously boil them for 60 minutes in 1500 cc of water. They will later be cooked for another 45 minutes in the casserole with the rest of ingredients. In the first boiling phase skim off the impurities from the water, and reserve both the water (now a stock) and the trotters.

Snails: Put the snails in a casserole with cold water (they do not need defrosting) and add the herbs abovementioned and some salt; start then to cook them on a medium-to-high heat for 15 minutes until you can notice a dark color in the water, which is normal; turn off the fire, leave the snails in the casserole for some 5 minutes, sieve, rinse with abundant water and reserve.



Preparation: Start to lightly fry the chorizo, the dry-cured ham, and the bacon for less than 1 minute; add the onion finely chopped and spoon all the ingredients to get an homogeneous mixture; let the ingredients simmer on a mild fire for a few minutes, add the flour, stir it all to avoid it sticks to the casserole (add some of the trotter's stock if necessary). Now you can add the tomato, stir it all again, and let some simmering for another 15 minutes. After this time you can add the pig's trotters and a good amount of the stock produced in their cooking to cover them sufficiently. The time left for the conclusion of this recipe is around 60-75 minutes, although the snails will be added 30-35 minutes before the conclusion time of the recipe.



Pork fillet with veggies (Solomillo de cerdo con verduras)

Eight servings: 1 Kg. of pork sirloin; 2 onions, finely chopped; 1 red pepper; 1 green pepper; 3 carrots; 1 dl of oil; 1 tbsp of beef extract; 1 tbsp of maize flour; 1 tbsp of tomato concentrate; 2 garlic cloves; a small bouquet of parsley; 1 small bouquet of coriander, finely chopped; salt & black pepper.

Preparation: Cut the onions, the peppers and the carrots into small cubes; also chop the garlic cloves and the parsley.

Cut the sirloin in 3 lengthwise steaks, and cut them again into 5-mm meat strips. Dissolved the corn starch with some water and add the soya sauce and the tomato in a bowl.

Sauté the onion in a wok-like pan, on a medium fire, and once it is brown, add the garlic and the parsley. A few minutes later add the sirloin, increase the heat, sauté and stir all the ingredients (don't salt the meat to avoid it loses juices when frying).

Once the meat is cooked, add the veggies, sauté again for a short time as veggies must keep a crisp texture. Next to do is to add the mixture produced in the bowl, and let simmer for 2-3 minutes. Check the salt taste before adding some more salt, as soya sauce has salt added. Spread the coriander on the preparation before serving. This recipe can be accompanied by some French fries.



Beef with mushrooms (do not mistake with Fricando)
(Ternera con setas)

Four servings: 600 g of beef meat cut into thin steaks; flour; 1 big-sized onion; 4 tbsp of tomato purée; 12 almonds; 12 hazelnuts; 1 can of assorted mushrooms (rinsed in tap water and drained); 1 glass of wine; 1 glass of light beef stock; olive oil; salt & pepper.

Preparation: Salt and pepper the steaks and fry them with oil on a medium-to-high heat. Reserve the steaks in a casserole; in the mean time, fry (now on a medium-to-low heat) the onion in the same oil; let simmer this onion until it gets a bit brown, and then add the tomato and, after 2 minutes, the glass of wine. Let it simmer for 20 minutes and move this sauce to a glass blender together with the almonds and the hazelnuts (peeled) and process it all.

Next pour this thick sauce on the steaks and thin it out with 1 glass of light beef stock. Let the preparation simmer, on a low heat and with the lid on, for 1 hour (or 90 minutes, depending on the softness and thickness of the meat steaks; I usually cut a small piece and taste it to check it). And finally, add the mushrooms some 10 min before the conclusion time.



Spare ribs with chestnuts (Costilla de cerdo con castañas)

Ingredients in general for 6 servings: 1 kg pork ribs, chopped; 1 onion, chopped; 2 ripe tomatoes, finely chopped; 1 garlic clove; 500 g of chestnuts; oil or lard; salt; black pepper; some water.

Ingredients for the mash: a handful of toasted almonds; 2 biscuits.

Preparation: Boil the chestnuts for 20 minutes and peel them. Season the ribs and brown them in a pan with some oil or butter, and set aside. Fry the onion, the garlic and the tomatoes in the same pan. Once the sofrito is done add the chops and a little water. Let it simmer for 25 min, add the chestnuts, and continue simmering until the meat is tender. Finally, dissolve the mash with some water, add it to the recipe and let it simmer for about 5 more min. Check salt and pepper to taste. Serve on a hot plate: the spare ribs in the middle, the chestnuts around and the sauce (sieved) poured all over the preparation.



Beef round with pears (Tall rodó de vedella amb peres)

Ingredients for 4 servings: 1 round of beef; 500 g of onions, cut into strips; 500 g pears; 1 glass of white wine; cinnamon; olive oil; salt; black pepper; some water

Preparation: Season and brown the beef round in a casserole with olive oil.

Add the onion and half the amount of pears, unpeeled and cut into pieces.

Cook the rest of the pears with wine, cinnamon and water.

Add this pear broth to the beef round and let it reduce if necessary.

Cut the meat into slices and serve together with boiled pears, sieve the sauce and pour it on the meat.



Pig's Trotter with Langoustines (Pies de cerdo con cigalas)

Ingredients for 4 servings: 4 pig's trotters (cut lengthwise and boiled for 90 min); 12 langoustines; 1 onion, finely chopped; 3 ripe tomatoes, grated; 1 tbsp of flour; half glass of muscatel (or sweet wine); salt; some water (enough to cover the ingredients in the specified step).
Ingredients for the mash: a handful of toasted almonds; 1 slice of bread, fried in oil; 1 garlic clove; 1 tbsp of grated non-sweet chocolate.

Preparation: Sauté the langoustines in a pan and set aside. Make a concentrated sofrito using the onion and the grated tomato. Next, add the flour, give a good stir, and pour both the water and the muscatel (or the sweet wine). Bring this to a boil, add the trotters and let simmer for 10 min. After this time add the langoustines and the mash (which has been dissolved with some cooking liquid), and let simmer for some 5 min on a low heat (no lid on). Check salt to taste. Prawns can also be added to the recipes to reduce de number of langoustines. The prawns will be sautéed together with the langoustines.



Lamb shoulder with snails (Xai amb cargols)

Ingredients for 4/5 servings: 1 lam shoulder of about 900 g, boned; 1 raw pork sausage, without its casing, or 150 g of ground pork meat; 50 ml of brandy; 1/2 l of mineral water; 250 g of defrosted snails (half a bag, roughly); 1 small bay leaf; 1 sprig of thyme. And all these following veggies cut into small cubes: 1 carrot; 1 onion; 2 small chili peppers; 1 leek stem; 1 celery stem; 2 garlic cloves; 80 g of air-cured pork sausage, also cut as the veggies. Extra virgin olive oil; salt; black pepper.

Preparation: Fill the boned sites of the shoulder with the sausage meat. Roll the meat piece, tie it up, sprinkle some salt and oil on it and place in a roasting pan; place the pan in a preheated oven at 190 °C and let it bake for 20 min. Remove the pan from the oven, wet the meat with the brandy and add the mineral water. Place again the pan in the oven, lower the temperature to 150°C, bake the meat for 45 min, and turn the roll every 15 min.

Meanwhile, put the snails in some water, add the herbs and cook for some 25 min; discard this cooking water, continue cooking them in new clean water for some 15 min, or until they're cooked (reserve a cupful of this last cooking water); rinse the snails in abundant water to cool them down

Next, sauté all the veggies in a frying pan with some olive oil and a pinch of salt until all the ingredients become soft (sofrito). Add the air-cured sausage cubes and the snails (thoroughly drained), give a good stir, taking care not to break the snail shells, add the cupful of snail broth and let it all simmer for only 3 min, and set aside.

Cut the string tying up the roll, cut the meat into thick slices, add the sofrito containing the sausage cubes and the snails, and mix it all well with a spatula to deglaze the roasting pan bottom, check the salt and black pepper taste, and place it all again in the oven for only 5 min at 150°C.





Fried eggs in between Serrano Ham & Potatoes
(Huevos estrellados)

Four servings: 2 medium sized potatoes, peeled and sliced, 4 eggs, dry-cured ham in small slices, 4 tbsp of olive oil to fry the potatoes, salt.

Preparation: Fry the potatoes on a pan until they get a somewhat brown color, add the ham so it becomes a bit fried (not in excess as it would become salty), and add the eggs, one by one, or from a bowl until they get fried. Add the necessary amount of salt bearing in mind the cured ham used in the recipe. The eggs can be popped in whole or whisked as though you were preparing some scrambled eggs, as in the photo.

Fried eggs with Serrano ham and potatoes are very common



Spanish Potato Omelete (Tortilla de patatas)

Four servings: 3 medium-sized potatoes, sliced; 1 onion, sliced; 5 eggs; salt and oil

Preparation: Start frying the potatoes in a pan with a generous amount of oil (8tbsp/50 cc); better if they get a bit brown, although do not let them get burned either. Add the onion and stir the mixture with a spatula until both elements become cooked. Strain both ingredients to remove the excess of oil, and mix with the eggs, which have been previously stirred in a bowl. Place the mixture made with the potatoes, the onion and the eggs on an anti-adherent pan on a medium fire; the objective is to fry first one side of the tortilla and part of the medium part of it.

Then turn the tortilla over with the help of a dish; also use a spatula to help the tortilla get a round form by pressing the edges inwards and following the inner contour of the pan. Check if the other side has browned, and make sure the central isn't uncooked. A salad is the best garnish for this dish.



Mixed Spanish Omelet (Tortilla a la paisana)

Eight servings: 3 medium-sized potatoes, cut into thin slices; eggs; 1 big-sized onion; 100 g of green beans (canned); 1 small zucchini; 1/2 red pepper; 75 g of green peas; 1 green pepper; 150 g of potatoes, cut into slices; 50 g of chorizo, cut into small cubes; 1/2 cupful of olive oil; salt to taste.

Preparation: Heat the oil in a wide frying pan and start frying the potatoes for 10 minutes and immediately add the onion until all the ingredients get a translucent aspect. Add the chorizo slices, stir and add the veggies, and let it all simmer until it gets a soft consistency. Now, move all the ingredients to a sieve to drain the excess of oil. Next, beat the eggs in a bowl and add the veggies, the potatoes and the chorizo slices, and some salt. Place a wide anti-adherence frying pan on a medium fire with 1/2 tbsp of oil, pour the mixture of the bowl, and start frying following the instructions described in the Spanish potato omelet.



Bean and Mushroom Omelet (Truitada amb trampa)

Four servings: 6-8 eggs; 125 g of canned white beans; 100 g of canned mushrooms cut into slices (assorted fresh ones are a good idea, too); 2-3 tbsps of olive oil; salt & ground pepper.

Preparation: Slightly fry the mushrooms with some oil (not in excess); after 5 minutes of cooking, add the beans and continue the cooking for another 5 minutes, and also add some salt to taste, and reserve somewhere to cool a bit. Whisk the eggs with a pinch of salt, add the mushrooms and beans and move the mixture to an anti-adherent frying pan with some oil on a mild fire to get warm; spread the oil well on the surface and discard the excess of it. Now, pour the mixture of ingredients in the frying pan; use a wood spatula to stir a bit the ingredients, so as to allow the eggs to set with the solid stuff, and press down the edge of the omelet, with the aim of "shaping it" round.

Now, take a big plate (to be used as a omelet turner), wider than the diameter of the frying pan, put it on the pan, as if it was a lid, put one of your hands flat on the plate, hold the handle of the pan with the other, raise both things (plate and pan) vertically and turn the pan 180° (now the bottom of the pan is looking to the ceiling). Press the edge of the omelet with spatula (as to round it). The faces of the omelet must have a brown color, so it is necessary to repeat this process.



Scrambled Eggs with Prawns and Mushrooms (Revuelto de gambas con setas)

Ingredients: a few chopped mushrooms; 6 large shrimps; 3 eggs; 3 tbsp of milk cream; 1 garlic clove, minced; parsley (optional); olive oil; salt.

Preparation:

Wash and chop the mushrooms. Sauté the garlic in some olive oil until it slightly browns; next add the prawns, allow them take on some color and add the mushrooms, and simmer for 2 min. Finally, add the milk cream, give a stir and add the eggs beaten. What is left to do is to use a spatula to scramble the eggs to the desired cooking point. You can also sprinkle some finely chopped parsley. A variation may be done by adding cured ham, cut into dices instead of prawns.



Majorcan-style Eggs (Huevos a la mallorquina)

Ingredients for 4 servings: 8 eggs; 2 onions, cut into rings; 30 g of green peas; 250 g of Majorcan sausage (sobrasada); salt; olive oil;

Preparation: Sauté the onion and the red pepper in some oil; when both ingredients have softened add the sausage, cut into small bits, and give a good stir. Pour this mixture in small clay casseroles, crack two eggs into each one, and add a pinch of salt. Move the casseroles to a preheated oven and grill the eggs at 180°C (356°F) until they are cooked to your taste. Serve hot. A variation may include adding green peas (as in the photo) before cracking the eggs into each casserole.



Scrambled Eggs with Codfish (Revuelto de Bacalao)

Ingredients for 4 people: 1 onion, finely chopped; 2 garlic cloves; 1 green pepper (optional); 8 oz. of codfish, desalted and shredded, 8 eggs; 2 tbsp of olive oil, a sprig of parsley, finely chopped.

Preparation: Sauté the veggies in order of hardness in some olive oil (first, the onion, second, the garlic and lastly the green pepper). Once the veggies have taken on some color add the codfish, simmer for a 2 min, add the beaten eggs, and start stirring the ingredients with a spatula to the desired cooking point of the eggs (better if the eggs are semi-cooked). Sprinkle the parsley (or green onion) on the scrambled eggs.

Accompany the eggs with some toasted bread.



Scrambled Eggs with Mushrooms and Serrano Ham (Revuelto de Champiñones y Jamón)

Ingredients for 4 servings: 2 garlic cloves, sliced; 14 oz. of mushrooms, sliced; 2.5 oz. of Serrano ham, cut into strips; 8 eggs; a few sprigs of parsley, finely chopped.

Preparation: Sauté the garlic and the mushroom slices; add the Serrano ham once the first ingredients have taken on some color. Next, add the beaten eggs, start stirring it all with a spatula and simmer to the desired cooking point of the eggs (better if the eggs are semi-cooked). Sprinkle the chopped parsley on the scrambled eggs. Some toasted bread is the best partner for this recipe.



Casserole of noodles with pork meat (Fideos a la cazuela con carne de cerdo)

Four servings: 400 g of small noodles; Sofrito base (1 onion, 6 tbsp of tomato purée); 300 gm of pork spareribs cut into 1-inch pieces (or pork lean meat, chopped into 1-inch dices); 100 g of fresh/frozen green peas (can be replaced by canned ones that must be rinsed to avoid the excess of salt they contain, and which can be added at the last moment).

Preparation: Fry the spareribs/pork meat to a brown color, salt and reserve on a dish; add the sofrito base to the still-hot oil, and stir from time to time to avoid it clings to the casserole, and keep simmering for 15 mins; then add the fried meat and the juices (gravy) that it may have released, pour in a glass of white wine, stir and allow a ten-minute cooking on a low heat. After this time, add the fideos, the green peas, as well as some 500 cc of water (which can be enriched with a stock cube, and if so be careful when adding salt to the dish) and keep simmering for 11 to 13 ms, depending on dente options. Keep an eye on the casserole to monitor that fideos don't get stuck and add, if necessary, some more water. In general, fideos are not served dry or too soupy. You can also pre-cook fideos on another casserole for 5 ms, so they release the starch they contain Therefore, the time left for obtaining a desired dente option may vary from 6 to 8 min.



Macaroni with pork meat (Macarrones con Carne de Cerdo) (39)

Six servings: 500 g of macaroni; 300 g of ground pork meat; 2 garlic cloves; 1 green onion; 4 tbsp of tomato purée; 1 green pepper; salt; some parsley, finely chopped; black ground, cut into rings; pepper; olive oil & salt

Preparation: In the first place, cook the pasta in abundant water with salt, according to the manufacturer's instructions, minus 5 minutes; next, sieve, rinse the starch off with tap water and reserve. Sauté the garlic, the onion and the green pepper in a casserole with olive oil, and after a few minutes (no more than 5) add the meat, together with some salt and pepper. Let some cooking for a few minutes, and add the tomato purée and the parsley; stir it all and let simmer for 10 minutes on a low heat to get an homogeneous mixture of both flavor and color. Finally add the macaroni, mix it all well and let the preparation simmer for 5 minutes (the same amount of time subtracted firstly). To me, it is better to let the macaroni take part in the cooking process without adding starch to the recipe, this improves the result because otherwise macaroni seem to have a detached role in the preparation.



Macaroni with canned tuna fish (Macarrones con atún en conserva)

Six serving: 1/2 kilo of macaroni, 2 cans of tuna, 2 small cans of red peppers (*), cut into strips; 1 onion, finely chopped; 2 garlic cloves; 4 tbsp of tomato purée; grated cheese, olive oil, salt.

Preparation: Cook the pasta in a pot with water and salt, according to the manufacturer's instructions. Once they're cooked to "dente", rinse them in a colander with cold water.

In the meantime, sauté (in a large pan) the garlic, the onion for a few sec, add the tomato and simmer for 10-15 min to get a good sofrito sauce.

Drain the tuna and shred it. Add the peppers to the sauce, together with the tuna, stir well, simmer for 5 more minutes. Now, pour the macaroni in the pan, sauté it all out of the heat, or mix it all with a spatula, and serve straightaway, adding some grated cheese on the macaroni. A variation would include to put the macaroni au gratin and so brown the cheese.

(*) Also, 1 or 2 green peppers (previously fried in some oil), could be used to replace the canned red peppers



Noodles flavored with garlic (Tallarines al ajillo)

Ingredients:

300 g of noodles; 1 red chili; 4 -5 garlic cloves, chopped; 1 green pepper, diced (optional); 1 bay leaf; olive oil; salt.

Preparation:

Cook the noodles in water with the bay leaf, a dash of oil and some salt for about 10-12 minutes (follow manufacturer's instructions for dente options). Drain them under tap water to cool them down. In the meantime, sauté, first the green pepper for about 5 min, add the garlic and the chili in olive oil, fry for a few min; finally add the noodles, mix well and allow the pasta to warm up a bit



Spaghetti and prawns (Espaguetis con gambas)

Ingredients: 300 g of Spaghetti; 3 garlic cloves; ¼ kilo of peeled prawns; olive oil; 1 chili; some parsley, chopped.

Preparation: Cook the spaghetti in boiling water with a pinch of salt and a drizzle of olive oil.

When "al dente" -about 6 minutes of cooking- cool them under cold running water, drain, sprinkle with a little olive oil and set aside. Brown the garlic slices and the chili in a frying pan; next add the prawns (tip: to avoid they release liquid, which would boil them rather fry them, blanch them in boiling water for only 12 sec, cool them down to stop the cooking process and set aside for a future use). This done, add the spaghetti, mill well, add some black pepper (optional), sauté for a few sec, sprinkle some finely chopped parsley and serve on the spot.



Spaghetti with mushrooms (Espaguetis con setas).

Ingredients for 4 servings: 300 g of fresh mushrooms (canned ones can also be used; 4 garlic cloves, sliced; 300 g of spaghetti/noodles; 200 ml of milk cream; thyme, oregano, salt, pepper, olive oil.

Preparation: Sauté first the garlic cloves in olive oil, add mushrooms, the thyme and the oregano. Stir it all well so flavors can mix together, simmer for about 5 mins on a medium heat. Pour the cream in the saucepan and bring to a boil, while stirring occasionally. Season with salt and pepper. Simmer for another 10 minutes or until sauce thickens.

The spaghetti, or the noodles, can already be cooked, drained, and rinsed in running water to stop over-cooking, so what is left to do is to add the pasta to the mushroom preparation and serve while it's hot.



Macaroni with chorizo (Macarrones con chorizo)

Ingredients for 4 servings: 300 g of macaroni; 200 g of chorizo, cut into thin slices; 250 g of tomato purée; 1 garlic clove; 1 large onion, finely chopped; 150 g of grated cheese; oregano to taste.

Preparation: Cook the pasta in water and some salt according to the manufacturer's instructions, rinse under running water to stop the cooking process, and set aside. Sauté the chorizo in some oil (slightly), add the garlic, sauté the garlic, add the pepper dice, give a stir and then add the onion; simmer for 5-6 mins, add the tomato purée, the oregano, some salt (remember that the cheese to be added later contains salt), give a stir and cook for 12-15 mins on a low heat and a lid on to diminish evaporation (some water can be sprinkled on the sauce if it thickens too much). Finally, add the macaroni, give a good stir and serve with some grated cheeses sprinkled on the pasta



Macaroni (or spaghetti) with bacon and mushrooms.

(Macarrones con bacon y setas)

Ingredients for 4 servings: 300 g of macaroni; 1 onion, finely chopped; 1 roasted red pepper, cut into small dice (canned); 1 handful of mushrooms, sliced; 150 g of bacon, cut into small strips; 1 cupful of milk; 75 cc of milk cream; cayenne pepper; some grated cheese.

Preparation: Sauté the onion in some oil until it softens and then add the pepper dice, simmer for 5-8 mins and add the bacon and the mushrooms, give a good stir, simmer for another 10 mins, add the milk cream, the milk and let the sauce thicken.

In the meantime cook the macaroni in water with some oil and salt following the manufacturer's instructions. Finally, add the macaroni to the pan with the other ingredients, mix it all well, and sprinkle some grated cheese on. An option is to grill the macaroni until the cheese browns.



Chicken in sauce (Pollo en salsa)

Four 4 servings: 1 chicken, cut into quarters; 1/4 cup of oil: 3lbs. o; 1 red pepper, 1 cup of white wine; 1 tbsp of flour; 1 onion; 1cup of sour cream (which can be replaced by yogurt); 1 sprig of parsley.

Preparation: Fry the chicken to a brown color and reserve for a later use; sauté the onion and the pepper, both cut into small cubes, till they get a soft consistency; add the flour and stir the sauce until it thickens; add the chicken and wet the ingredients with the wine and simmer it all for an hour on a tow-to-medium heat. Next, remove the chicken, and process the sauce with the blender and mix it all with the sour cream (or yogurt), add again the chicken, and allow some simmering for a few minutes to make the sauce warmer and a bit thicker. Taste the sauce to check the need of salt.



Stewed chicken with mushrooms and bacon (Pollo con champiñones y bacon) (21) (Mirasierras' style)

Four servings: 1 chicken cut into 4 quarts; 100 dl of milk cream; 2 tbsp of flour; 100 gm (3 oz) of canned (or fresh) cellar mushrooms, cut into slices; 100 gm (3 oz) of bacon cut into 4/5 slices; 1 big sized onion, finely chopped, or grated , 250 dl of chicken/beef stock

Preparation: Fry the chicken, once it has been salted and peppered, in a casserole until it gets a nice brown color. Remove the chicken and add the mushroom slices, allow a few minutes of frying (a longer time if they fresh), add the bacon and also fry for a few minutes before adding the flour, stir all the ingredients so they don't get stuck to the casserole, and add the stock while stirring to get an homogenous creamy mass that will be improved by the addition of the milk cream: allow a few minutes more till the ingredients get some heat and, finally, add the chicken to be soaked in this abundant creamy sauce; turn the chicken pieces so they can get covered in sauce all over and simmer for some 35 minutes on a medium-to-low fire ring so the sauce becomes reduced by half. It is advisable to stir all the ingredients from time to time to avoid they get stuck to the casserole.



Chicken fricassee (Pollo en pepitoria)

Four servings: 1 chicken cut into 8 pieces; 1 onion, finely; 2- 3 garlic cloves; some toasted or fried almonds; 1 tbsp of flour; 2 hard-boiled eggs; 1 glass of white wine; 1 glass of stock olive oil; salt & pepper; 1 tbsp of chopped parsley.

Preparation: Fry the garlic cloves in oil (on a mild fire to avoid overheating it) until they get a brown color, and move them a mortar reserve where they will be smashed together with the almonds (peeled) and the eggs' yolks for a later use. Salt, pepper and flour the chicken pieces before frying them in the same oil used, while taking care of not burning the flour. Reserve the chicken aside, and start frying the onion until it gets a soft and tender consistency; add the brandy and the stock, as well as the chicken pieces and the paste produced in the mortar, and let simmer for 20 minutes. Finally, add the eggs' whites, coarsely chopped, and the parsley. Some other recipes include the addition of small cubes of cured ham fried separately and added at the last moment.



Stuffed roasted chicken (Pollo relleno rustido)

Four servings: 1 big-sized whole chicken; 250 g of pitted prunes; 250 g of raisins; 250 g of dried peach and apricot, cut into cubes; 100 g of pine nuts; 1 small black truffle (it is indeed a very expensive fungus than can sometimes be substituted by truffle oil, although you must be careful to not buy artificial truffle oil); 250 g of sausages, cut into half-inch long pieces; some lard; olive oil; and a large glass of brandy.

Preparation: Soak the prunes, raisins, and the dried fruits in brandy for at least 4 hours. Fry the sausages in a casserole with some lard; when the sausages are brown, add the fried fruit (drained) the pine nuts, the truffle, cut into slices, and season to taste. Let the preparation simmer for 20 minutes on a mild fire.

Rinse the chicken with some water, both in the inside and in the outside, dry thoroughly, season with salt and pepper and spread some lard inside and outside. When the stuffing is cool, you can start filling the inside of the chicken using both orifices; the chicken must be full up. Next, sew the orifices, cross the legs and tie them; do the same with the wings (This is to keep the limbs of the bird close to its body and so prevent the meat to dry out in the oven).

Finally, place the chicken in a deep roasting pan containing some lard, oil, the wine used to soak the fruit, and the oil and juices from frying the stuff, and move the chicken to a preheated oven. You can initially use the grill of the oven to brown the whole surface of the chicken by turns at 210°C (410°F) (you must therefore be very attentive not to burn it), and then lower the temperature to 175°C (350°F). From time to time, open the oven door and wet



the chicken with the sauce surrounding it. Baking time should not exceed 90 minutes.



Stewed Rabbit with Artichokes (Guiso de conejo con alcachofas)

Four servings: Rabbit, cut into 8 pieces; 1/2 onion, finely chopped; 3 garlic cloves; 100 g of spring beans (optional); 2 artichokes, cut into quarters and soaked in water with some lemon juice; 1 red, or green, pepper (or both); 1 bay leaf; 2 hard-boiled eggs; a few cumin seeds; olive salt & pepper.

Preparation: Heat some oil in a casserole to fry the rabbit pieces to a brown color. Set it aside and start simmering for 10 minutes the bay leaf, the onion finely chopped, the red pepper and the garlic cloves. Put again the rabbit, sprinkle some paprika on the meat, and cover it all with the chicken broth, stir it all again well, add the artichokes, simmer for 20 minutes, and after this time, add the green beans, and resume the cooking process for another 20 minutes.



Chicken "Chilindron", with Tomatoes and Peppers
(Pollo al Chilindrón)

Ingredients: 1 chicken, cut into quarters; 4 ripe tomatoes, cut into cub; 1 red pepper plus 1 green pepper, cut into strips; 1 onion, finely chopped, 1 garlic clove; 120 g of cured ham; half a glass of white wine; olive oil, salt and pepper.

Preparation: Sauté the chicken on a medium-to-high heat, until it browns a bit on all sides. Remove the chicken pieces from the pan and sauté the garlic and the onion and add the ham dice and the pepper strips once the onion has softened; simmer for ten minutes and add the tomato cubes and the wine. Simmer for 5 minutes and add the chicken pieces. Finally, allow some simmering for about 15 minutes on a medium heat; the amount of liquid must be the required one to cook the chicken. Use a lid to avoid an excessive evaporation of liquid.



Chicken Stewed in White Wine (Pollo Guisado al vino blanco)

Ingredients: 1 chicken, cut into quarters; 4 medium potatoes, cut into cubes (optional); a glass of white wine; some flour; chicken stock; 5 garlic cloves, cut into small slivers;

Preparation:

Brown the chicken pieces in on a medium heat; add the garlic, one tbsp of flour, the wine, next give a stir and add the wine in. Finally, add the chicken broth, the potatoes, cut into 1-inch pieces, and let simmer the preparation for 30 minutes on a low heat. This recipe can substitute the stewed potatoes of the preparation for French fries, or a nice salad (which is healthier).



Chicken in Tomato Sauce (Pollo en salsa de Tomate)

Ingredients: 1 medium chicken; 1 large onion, grated; 1 red spicy pepper; several cloves garlic, cut into tiny cubes; 3-4 cups of tomato sauce; pinch of salt; Lime or lemon; oil

Preparation: Cut the chicken into pieces. Rub each piece with lemon or lime and sprinkle with salt.

Heat some oil in a pan and fry the chicken pieces. Remove the chicken pieces and sauté the garlic a little, add the onion, and simmer for 10-15 minutes on a low heat (sprinkle some water to prevent the sofrito dries up).

Finally, add the tomato sauce, simmer for 2/3 minutes and add the chicken pieces. Simmer all for about 15-20 mins on a low heat, taking care the tomato sauce doesn't dry up (use a lid to diminish evaporation; sprinkle some water on the preparation, etc). You can also add some fried potatoes (cut into chunks and deep-fried) when the chicken is finished.



Chicken in Orange Sauce (Pollo en salsa de Naranja)

Ingredients: 1 chicken, cut into quarters; 2 large onions, cut into rings; 2 oranges; 1 lemon; 1 tbsp of honey; 4 garlic cloves, slightly crushed with the knife; salt; white pepper; olive oil to sauté the meat; 2-3 tsp of cornstarch.

Step 1: Salt first the chicken pieces and dredge them in flour. First, fry the garlic cloves a little; this done, discard the garlic and fry the chicken, on a medium heat, to a brown color. Move the chicken to a another pan for a future use; now, discard some of the oil used for frying the chicken, and fry the onions in the remaining oil to a brown color.

Step 2: Move the onion rings to the pan containing the chicken, add the juice of the oranges and the lemon juice, together with half glass of water, with the honey in it, and the corn starch. Add some salt and white pepper, and simmer all the ingredients on a medium heat for about 20-25 mins until the sauce reduces a little. Also, use a lid to diminish evaporation.



Spanish Paella Recipe (Paella)

Six servings: 500 g of rice; shellfish stock, approx. 1.5 liters; 12 raw king prawns; 24 peeled cooked prawns; 12 mussels in the shell or half shell; 200 g white fish, cod, haddock or similar, cut into cubes; 100 g squid rings; olive oil (not extra virgin); 1 red pepper + 1 green pepper, both seeded and finely chopped; a small can of peas (washed and drained of its cooking medium); pinch of saffron

Preparation: Heat the oil and start frying the white fish and the squid rings. Once the fish pieces has taken on some color, remove them, add the pepper dice and let simmer for 10-15 mins. In the meantime soak the saffron in the warm shellfish stock, so it can release its color and flavor. Now add the rice, stir the ingredients and allow some slight frying of the rice in the sofrito (a few sec). Next, cover the rice with the stock and turn (initially) the heat up high. The rice will absorb the stock in a process that lasts from 17 to 30 mins (on a medium heat), so read the instructions printed on the packet of rice. Add the seafood, which was first fried, the raw seafood and the peas, some 5 minutes before the conclusion of the recipe. Do not stir the rice during cooking as it will allow a layer of browned and crunchy, not burned, (socarrat) rice.



Tuna Fish & Mushroom Rice (Arroz con atún y champiñones)

Four servings: 1/2K of fresh tuna fish, diced; 400 g of rice; 1 red pepper, diced; 1 green pepper, diced; 100 g of green peas; 1 onion, finely chopped; 2 garlic cloves, sliced; 2 tbsp of tomato purée; olive oil; saffron; salt & water.

Preparation: Sauté the tuna fish in some oil in a casserole until it changes in color, and reserve before it may get too cooked and, therefore, dry. Sauté first all the veggies, except the green peas and the tomato, for 10 minutes, add the tomato purée and simmer for some other 10 minutes. After this time, add the rice, bring it all to a boil, and finally add the tuna fish, the green peas and simmer for 15 minutes more.



Codfish & Artichoke rice (Arroz con Bacalao y Alcachofas)

Four servings: 4 cupfuls of rice; 8-9 cupfuls of fish stock; 500 g of desalted codfish; 4 fresh artichokes, cut into quarters, or smaller pieces (once some of the external green leaves have been stripped off); 1 onion, grated, or finely chopped; 100 g of fresh green peas; olive oil.

Preparation: Fry lightly the onion in a flat casserole on a medium-to-low heat for 5 minutes. Add the artichoke quarters, wait until they get fried. Next, add the green peas and the rice, spoon all the ingredients, add the fish stock, and increase the heat until the casserole starts to boil, and then turn down the heat to a medium level. The time left for the conclusion of the recipe is around 18 minutes, and that means you have to add the codfish 5 minutes before the time limit. The amount of stock fish, whether 4 or 5 cupfuls, will determine the final level of dryness of the recipe.



Casserole of Lobster and Rice (Arroz con bogavante)

Four servings: 4 small lobsters; 200 g of prawns; 350 g of rice; 1 onion, finely chopped; 3 garlic cloves; 1/2 green pepper; 1/2 red pepper; 1 carrot; 3/4 tomato purée; 1tbsp of paprika; a few strands of saffron; 100 ml of white wine; 1 l of lobster/fish stock.

Presentation: We first need a sofrito that will be made by sautéing the onion, garlic, the peppers and the carrot, all finely chopped; we subsequently add the tomato purée and allow some simmering for a few minutes (no more than 5). After this period of time, add the rice and stir it all with a spatula, while incorporating the paprika, the saffron strands and the wine. At the same time, start cutting the lobsters (while alive) into not-too-small pieces, and fry them in some olive oil on a high heat. Add the fried lobster pieces to the rice. The cooking time of the rice may vary from 15 to 18 minutes, so one minute before the limit time add the prawns (de-shelled).



Rice and Fish Casserole (Cazuela de arroz con pescado)

Four servings: 250 g of anglerfish; 150 g of squid, cut into rings; 150 g of conger eel; 4 big prawns; 16 mussels or clams, or both (previously steamed in a pot with 2 tbsp of water); 400 g of rice; a handful of green peas; 1 onion, finely chopped; 3-4 tbsp of tomato purée; 1 red pepper, seeded and cut into strips; 1-2 garlic cloves, sliced; 1 cupful of olive oil; saffron, to color the recipe; 1 tbsp of parsley; salt, and 1 liter of fish broth.

Preparation: First of all, fry, on a medium-to-high heat, the squid rings, add the chopped onion and then the red pepper. Once the onion takes on some color, add the tomato purée, stir and simmer for a few min and add the fish pieces (reserve the prawns and the mussels for later), add the rice, the green peas, the broth (boiling and containing the juices produced by the steaming of the mussels) and both the garlic and the saffron finely mashed in a mortar. The fire during the first 8 minutes must be intense, and then it must be reduced to a medium level. The prawns and the mussel (one of the shells removed) must be added 6 minutes before the conclusion of the recipe. Let the rice sit, for 2 minutes before serving, with a light cloth covering the casserole.



"A banda" Rice (Arroz a banda)

Ingredients for four servings: 4 cups of rice; 1 kg. of rockfish and varied seafood; 2 leeks and 1 onion, chopped; 2 garlic cloves; 2 tbsp of tomato sauce; water; extra virgin olive oil; salt; a few strands of saffron; 1 bay leaf; some sprigs of parsley; some allioli.

Preparation: Simmer the fish and the seafood in casserole for 15-20 minutes together with the leek stalks and the onion, the bay leaf and the parsley. The idea is to make a fish broth. Once the broth is finished, slight fry the garlic cloves in some oil (don't let the garlic get brown), add the saffron, the tomato sauce, stir the preparation, and add the rice. Next add the broth; the amount of broth is double than that of rice, plus a bit more (4 cups of rice, and 8 and 1/2 cups of broth; use the same proportion for larger amounts). Let it all simmer for 18-20 min.

Then, remove the casserole from the heat, let it sit for 2 min and serve. The fish meat and the seafood are served on the side, hence the name: "a banda". The allioli is optional, and is added on top of the rice.



Black Rice (Arroz negro)

Ingredients for 4 servings: 300 g of rice; 1/4 kg of squid rings; 2 garlic cloves, chopped; 3 squid ink bags; 1 onion, chopped; 1 red tomato, finely chopped; fish broth (double amount of it than of rice + a bit more; 4 tbsp of olive oil; salt.

Preparation: Sauté the garlic and the onion in some oil, and after some mins add the squid rings and continue to fry until the liquid they release evaporates. Now is time to add the tomato, stir it all with a spatula, allow some simmering for 10 min (checking out it doesn't runs dry).

Dissolve the squid ink in some warm fish broth. Now add the rice to the casserole and sauté it for 2 min, while stirring all. This done, add the broth (hot), stir all, and allow some 15-18 min to finish the recipe, although let sit the rice for 2 min before serving.



Rice and Mushrooms (Arroz con setas)

Ingredients for 4 servings: 400 g of mushrooms (Paris or varied); 300 g of rice; 1/2 cup of white wine; 1 onion, finely chopped; 2 chicken bouillon cubes + 3/4 l of hot water; 1/2 red pepper, cut into small dice; 2 garlic cloves, finely chopped; 50 g of butter; parsley; oil & salt.

Preparation: Clean the mushrooms, cut them into medium size pieces, and keep them soaked in water with some lemon juice to avoid they oxidize. In the meantime sauté the onion, the garlic, and the red pepper in a pan with some oil until it all softens. Now you can add the rice and sauté all the elements for 2 min; add the wine, let it become reduced, and add the mushrooms (previously drained), together with the broth made with the water and the bouillon cubes. Let it simmer for 18-20 mins, to the desired cooking point of the rice; here the presentation is more juicy than that of a paella.



Chicken and Rice (Cazuela de Arroz con Pollo)

Ingredients for four servings: Half chicken (some 2 lbs), cut into pieces; 400 g of rice (100 g per person); 1 liter of a light chicken or veggies broth; 1 onion, finely chopped; 1/2 red pepper, seeded and cut into strips; 2 tbsp of tomato purée, 2 garlic cloves; some parsley; 1/2 tsp of coloring agent

Preparation: Brown the chicken and the mushrooms in a casserole with olive oil. Next, reserve them and add the garlic slices, the onion, and the red pepper; let simmer both ingredients on a medium heat for 10 mins. Next, pour the rice over the previous elements, give a stir and add the tomato, green peas and a pinch of salt. Now, add the chicken, stir it all; add the chicken broth and let it all simmer for 16-18 minutes, first on a high heat and then on a lower one. After this time, remove from the heat and let the rice sit for 2 minutes. In general the aspect of this recipe should not be that of a risotto, so if you see that towards the end of the conclusion time the rice may run dry, sprinkle some water on it.



Rice with Meat (Arroz con carne)

Ingredients: 15 oz. of rice; 3 oz. of chicken, cut into strips; 3 oz. of beef, cut into strips; a small can of roasted red pepper, cut into small dice; 2 small cans of mushrooms, drained and sliced; 1 carrot, cut into brunoise; lemon; 2 tbsp of tomato sauce; 1. 2 l of a light chicken stock; 1 leek stalk; 2 garlic cloves, sliced.

Preparation: Sauté first the carrot, the leek and the garlic for a few mins, then add the meats (with a pinch of salt) and continue the cooking process for some more time. Add the rice and stir to mix it with all the previous ingredients, and next add the stock (hot) (In general the amount of stock is double than that of rice, plus a little more). Simmer the preparation for 5 mins, add the pepper, the mushrooms, and continue the simmering for another 10 mins. This last process can be done in the oven (using of course a casserole). Remove from the oven, check the salt, let it sit for two mins, and serve with a thick wedge of lemon.



Sitges-style Rice Casserole (Cassola d'arròs a la sitgetana)

Ingredients for 6 servings: 500 g of chopped spare ribs; 2 cuttlefish, clean and cut into large dice; 100 g of chopped onion; a medium-sized zucchini; 400 g ripe tomatoes, peeled and grated; 100 g of peas; 600 g of rice; 80 g of butter; olive oil. 1 small glass of Sitges Malmsey (or equivalent liquor); ½ l of meat broth; ½ l of fish broth; 6 small sausages; 6 prawns; 6 langoustines; 18 clams.

Ingredients for the mash: some saffron; 4 garlic cloves; a handful of toasted almonds; salt.

Preparation: Brown the spare ribs in hot oil and butter, and set aside. Add the cuttlefish in the same frying fat; let evaporate the liquid of the fish and add the spare ribs, the onion and the zucchini cut into slices. Let it all simmer for some time, add the tomato, the liquor and let it simmer for 30 min. Add both stocks as well as the peas. Bring to a boil and add the rice and the mash. Eight mins later add the langoustines, the prawns, the small sausages, and the clams. Check salt to taste and you can finish the cooking process in the oven, so the rice can get a nice brown color, or simply finish the preparation in the casserole.



Codfish Rice (Arròs amb Bacallà)

Ingredients for 4 servings: 400 g of desalted codfish; 400 g of rice; 100 g of peas; 1 onion, grated; 1 green pepper, finely chopped; olive oil; 1 l of water.

Ingredients for the mash: 1 garlic clove; some parsley.

Preparation: Make a sofrito by sautéing the onion, and the green pepper in olive oil. Next add the rice, give a good stir, and sauté it all for a couple of minutes. Add the boiling water, stir a little, and after a few sec add the peas and the codfish. Let it all simmer for 18 minutes.

Five mins before the specified time, add the mash (dissolved with some of the cooking liquid) to the preparation.



Browned Rice (Arròs Rossejat)

Ingredients: 240 g of rice; 1 liter fish stock; olive oil.

Preparation: Brown the rice in a pan with oil.
Next, drain the excess of oil.

Add the fish stock and simmer for about 16 minutes without stirring it. A variation to this recipes includes sautéing some pieces of fish, prawns, squid rings, or any other fish, or shellfish at hand, before the process of browning the rice. In such case, once the fish has been sautéed, remove it and add the rice to so it takes on the desired color; then follow the recipes as expressed above.



Tuna Fish in Tomato Sauce (Atún con Tomate)

Four servings: 1/2 kilo of fresh tuna fish cut into 1-in dices; 1 onion, cut into brunoise; 250 dl of fried tomato; 2 garlic cloves, cut into small dices; 1 dl of olive oil; salt & black pepper; half a glass of white wine; a pinch of oregano & 1 bay leave.

Preparation: Fry the tuna dices on an intense heat in a pan with 3 tbsp of olive oil, and reserve (the ideas is to "seal" the external side of the tuna dices and leave the central part of them more juicy). On another clean pan add 2 tbsp of olive, fry the garlic and add the onion before the garlic turns too brown; keep frying both ingredients on a low fire for some minutes, add the tomato and allow 10 minutes of cooking on low heat.

Once this process is over, add the tuna fish, the salt, the pepper and the wine; stir the ingredients to get a perfect combination and allow 2 or 3 minutes on a low heat (The sauce must have a thick aspect). Some potatoes, sliced and fried in some olive oil, can be added to the recipe .



Baked Codfish (Bacalao "a la llauna")

Six servings: 1kg of desalted and boneless codfish; 20 g of paprika; 1 glass of white wine; 4 garlic cloves; flour; salt; olive oil, and parsley.

Preparation: It is better to use thick pieces of the high dorsal part (loin) of the codfish once bones and scales have been removed. Flour the desalted codfish pieces and fry in a pan with 2 dl of olive oil. Place the codfish in a roasting pan.

Fry 2 sliced garlic cloves in the oil used to fry the codfish until they brown a bit (sieve the oil to avoid refrying flour remaining in it); then add the paprika and the wine right away to avoid the paprika gets burned, and simmer for a few minutes.

Pour this base on the codfish in the roasting pan. Pound the remaining garlic cloves and the parsley in a mortar and add the resulting fine paste on top of the fish. Place the roasting pan in a preheated oven to 190° C (374° F) and allow a few minutes of au gratin function until it browns a bit.



Hake in Parsley Sauce (Merluza en salsa verde)

Four servings: 4 thick hake slices (cut into 1-in pieces); 250 g of clams; 125 ml of fish stock; 125 dl of white wine; 4 garlic cloves, peeled and finely chopped; 3 tbsp of finely chopped parsley; 1 tbsp of flour; 4 tbsp of olive oil; salt.

Preparation: Keep the clams soaked in salted water for at least 6 hours: this helps to remove the sand from clams. In a casserole, big enough to hold the four hake slices, put some oil and start to heat it on a medium-to-low heat; add the garlic and monitor it doesn't get burned, add the flour right away, cook for half a minute, and add the wine and the stock (warm). Slightly salt the hake slices and add them to the preparation (when it's hot) together with the parsley. At this moment shake the casserole lightly so the sauce becomes thicker; allow 3 minutes of simmering, and turn the hake slices, add the clams, which must be moved to another dish once they open up (otherwise they would lose their juices and would take on a gum-like consistency); allow another 3 minutes, and return the clams so they can recover temperature. Once this has been accomplish remove the casserole from the heat and serve straightaway.



Codfish Pil-pil Style (Bacalao al pil pil)

Four servings: 8 pieces of desalted codfish slices (100 g each), dried on KP (800 g); 8 garlic cloves, sliced; 3 of olive oil.

Preparation: Brown the garlic cloves in a casserole with some oil; then remove the casserole from the heat so it cools down to a lukewarm point, remove the cloves and add the codfish pieces (the skin of the fish on the bottom); the oil should not cover not the fish pieces, so they must be placed next to each other, and with enough room around.

Next, place the casserole on a very mild heat and start moving it in a swaying movement (remember the Hawaiian girls' dance, but slower); the temperature must be constantly kept low during all the process. After a few minutes you'll start to see the emergence of small white spots, which is in fact the gelatin released by the codfish and which acts as a gelling and thickening agent. After 30 minutes of swaying you'll see that the sauce takes on a mayonnaise-like aspect, and now you can turn the codfish pieces over, and place the browned garlic cloves and some pieces of the roasted red pepper.



Cod-fish Stewed with Potatoes (Bacalao con patatas)

Four servings: 4 pieces of desalted codfish, towed dry with paper. 1 onion, finely chopped; 4-5 potatoes cut into half-inch thick slices; 3 garlic cloves, cut into slices; paprika, 1 red pepper, cut into strips; red chili.

Preparation: Dredge the codfish pieces in flour, fry them in some olive oil on a medium heat and reserve. Use the same oil to fry the onion and the garlic, Once both ingredients take on a brown color, add the red pepper, the paprika and the red chili, remove from the heat and stir it all to avoid the paprika gets burned. Place the potato slices in a pot, cover them with hot water and let them cook for 18 minutes (check with a fork if they're cooked). Move the potatoes to a casserole on the heat, together with the codfish pieces and the veggies sauce (sofrito) previously reserved. Give the casserole a shake or two, sprinkle some water on the ingredients (no more than 1 tbsp), and heat on a mild, mild heat for only a 60 seconds; this is only to warm the preparation and allow the mixing of flavors. Finally, spread some parsley finely chopped all over the

casserole.



Codfish with Ratatouille (Bacalao con samfaina)

Four servings: 4 pieces of desalted codfish; 1 large onion; 3 red and ripe tomatoes; 1 garlic bulb; 2 small eggplants; 2 small red peppers; 1 zucchini; 1tsp of paprika; 1 bay leave; 1 pinch of salt; 50 cc of olive oil; 1 glass of wine.

Preparation of the samfaina: Cut all the veggies into strips, except the tomato, and start to fry in oil: Add the white wine and the paprika when you notice the ingredients start to take on some color. Reduce the wine, then add the tomato cut into cubes and let simmer for 10-12 minutes on a mild heat.

Preparation: Dredge the cod fish pieces in flour and fry them in olive oil until they get a brown color; this is obtained when the oil is quite hot (not smoky) and the pieces are turned over again and again. Once they're fried, place them on KP to drain the excess of oil.

Place the codfish pieces on a roasting pan, and cover each piece with the veggies. Place the roasting pan in a pre-heated oven and cook au gratin for a few minutes at 180° (356°F).



Red Pepper Sauce & Codfish (Bacalao con Salsa de Pimientos y Cebolla al Vino Blanco)

Four servings: 600 g of desalted codfish (dried on paper towels); 1 onion, finely chopped; the flesh of 2 red peppers (roasted in an oven with some olive oil, skinned and seeded); 1 garlic clove, finely chopped; 1 glass of white wine; 1 glass of fish cod; 1 tbsp of flour; olive oil; salt & pepper.

Preparation: Sauté the onion and the garlic, then add the flour and stir thoroughly to mix it all. Add the fish stock (warm), stir again the ingredients and then add the wine (it is as though you were making a béchamel cream). Let this cream simmer for 6 minutes on a mild heat. Process the flesh of the red peppers with a hand blender, add it to the previous cream, mix all the elements and pour this sauce on top of the codfish pieces, which had previously been placed on a roasting pan. Place the roasting pan in a pre-heated oven to 180°C (356°F) and cook au gratin for ten minutes.



Codfish Piperrada (Bacalao en Piperrada)

Four 4 servings: 4 thick slices of fresh codfish; 2 medium-sized red peppers, and 2 large green peppers, cut into strips; 2 onions, cut into rings; 3 garlic cloves, cut into thin slices (optional); paprika; salt, olive oil.

Preparation: First of all, switch the oven on and pre-heat it to 160^a C (320° F); start to fry all the pepper strips for a few minutes, then add the onion rings and some salt, and go on simmering all the elements until they get soft enough. In the mean time, place the cod fish, (the skin upwards) in a roasting pan, add oil to cover the slices: move the roasting pan to the oven and allow 20 minutes of cooking. This a low-cooking process in which the oil does not fry the food (this is called confitar in Spanish); you can also use an electric stove, since the temperature can be monitored more easily than with a gas ring stove.



Squid Rings in Sauce (Calamares en salsa)

Four servings: 1 large onion; 3 or 4 garlic cloves; olive oil; 5 tbsp of fried tomato purée; 750 g of squids; 200 ml Spanish brandy; black pepper, hot pepper (optional); 1 fish stock cube.

Preparation: Rinse the squids, remove the white solid part, and cut into rings. Sauté the garlic cloves and the onions, finely chopped, and add the tomato once the first ingredients do get a soft aspects.

Next add the squid rings, the cube crushed and the black pepper. And finally add the brandy and simmer for some 20-30 minutes till the sauce takes on a thicker consistency. The hot pepper must be added at the end.



Stuffed Squids (Calamares rellenos)

Four servings: 8 medium-sized squids; 250 g of g of minced pork meat; 2 eggs; some parsley; 3 garlic cloves; 1 small glass of white wine; 1 tbsp of flour; 10 almonds; and 10 hazelnuts; 250 g of clams; 250 g of mussels; 8 prawns; salt & pepper.

Preparation: Clean the squids; cut their tentacles and fins (and reserve) and empty them.

Turn their bodies inside out, as it prevents the stuffing to come out and spares the use of a toothpick to close the squid body.

Clean the eggs and start to boil them together with the tentacles and fins previously reserved, the potato cubes and a pinch of salt for ten minutes; the resulting broth will be later used.

Put these elements in a bowl with a tbsp of the resulting broth and mash it all with a fork to form a filling paste. Stuff the squids with this paste, but not in excess, as squid shrink a bit when they are fried.

In the mean time, grind the garlic cloves, the parsley, the almonds, the hazelnuts, and add the glass of wine. Heat some olive oil in a casserole on a medium-to-low heat; add a tsp of flour and the mix produced in the hand-blender and simmer for 5 minutes. After this time add the squids, let them heat a bit, and add the broth produced during the boiling process of the eggs, potatoes, etc; simmer all this for 50 minutes on a mild heat, and stir it all from time to time. Add the clams, the prawns and the mussels, all of which will make the garnish of the squids, 5 minutes, before the conclusion of the preparation.



Fish Casserole (Calderada de Pescados)

Six servings: 1. 2 K of fish containing hake, turbot, and/or fresh cod fish, all of them cut into thick slices; 1 K of potatoes; onion, cut into thin slices; 1 green pepper cut into rings; some garlic cloves, cut into brunoise; chili pepper (a few thin slices); paprika; 1 sprig of parsley finely chopped; hot pepper; salt; 1 bay leaf;

Preparation: Cut the potatoes into 1-in slices and place in a casserole with the fish slices on top; then add the onion slices, the garlic cloves, the parsley. Next, drizzle some oil on the ingredients, and let settle on the bottom of the casserole, add the fish stock, some salt (take into account the salt of the fish stock), the black pepper, the bay leaf and the paprika.

Finally, place the casserole on a high heat until the sauce starts to boil and lower the heat to a minimum level. Shake the casserole sideways to stir the ingredients and simmer for 18-20 minutes until the potatoes are soft. Do not exceed this time as the fish would lose quality.



Lobster Casserole (Caldereta de bogavante)

Four servings: 2 live lobsters of around 600 g (1.350 lbs) each; 700 g (1.500 lbs) of ripe tomatoes; 350 g (0.770 lbs) of onions; brunoise; 1 green pepper cut into brunoise; 2-3 garlic cloves cut into small dices; some mineral water; 2 toasts. Mortar-ground ingredients (2): 1 garlic clove; 6 toasted almonds, 1 sprig of parsley, 1 lobster's liver, 2 tbsp of brandy.

Presentation: Behead lobsters' heads on a tray to collect all the juices. Cut the head into 2 halves, remove the stomach, and reserve the liver. Cut the lobster's tail into slices, and deliver a hit to the claws to make easier the process of peeling them once they have been cooked.

Start frying the onions, the garlic, the pepper and the tomato, the salt, the black pepper and some sugar in a casserole. Mash all the ingredients with the purée and sieve just once they have thickened.

Return the ingredients to the heat and add 250 cc of water per person, and 250 cc of water to correct evaporation. Add the lobsters' slices and their juices (previously sieved) collected from the heads when the ingredients start to seethe. Allow 15 to 17 minutes of simmering. Grind the elements mentioned in (2) in the mortar (following the same order) and add the resulting paste in the casserole 5 minutes before the conclusion of the recipe.



Lobster Casserole (2) (Caldereta de Langosta)

Four servings: 2 lobsters (1 kilo each, Approx.), cut into thick slices; 1 liter of fish stock; 1 onion; 4 red peppers (ñoras, etc); 1 small bouquet of parsley; 250 g of tomato purée; 2 small branches of fennel; 2 stems of leek (the green part); 2 garlic cloves; ¼ liter of olive oil; salt & pepper to the taste; 1 small glass of brandy.

Ingredients for the mortar: 50 g of angle fish liver fried ; 8-10 toasted almonds; 1 garlic clove; 1 branch of parsley; 1 small glass of brandy.

Preparation: Sauté lightly the lobsters in a casserole on a high heat; add the brandy, flambé and set aside; next fry the rest of the lobsters' bodies in the same oil together with the garlic and the veggies cut into brunoise. After some minutes of simmering on a medium-to-high flame, add the fish stock and let simmer again for 20 minutes on a lower fire. Remove the lobsters' bodies, mash on a mortar, add some of the fish stock of the preparation and sieve it all through a china cap to get a fine cream with no shell traces. Heat again the casserole on the fire, place the lobster slices, and all the juices that have been produced after the flambé, add some more water if the sauce is thick in excess, and simmer for 15 minutes. Mash the angle fish liver (fried), together with the garlic, the almonds, the parsley to a fine paste, add the brandy and pour it on the preparation 5 minutes before the conclusion of the recipe.



Suquet Calero (A fish recipe)

Ingredients for 4 servings: 1 kg white fish (conger eel, monkfish, turbot, etc); 5 garlic cloves; 1 tomato, grated; 1 sprig of parsley, finely chopped; a few saffron strands; 1 tbsp of paprika; salt; olive oil; some water.

Preparation: Mash the garlic, the parsley, the peeled tomato, the paprika, the saffron and the salt in a mortar.

Heat some olive oil in a pan, add the mash when the oil is hot, give a stir and add some water to mix all the ingredients. Next, add the fish and some more water to cover it all. Bring to a boil, and let simmer for 10/12 mins, depending on the fish consistency.



Codfish in White Sauce with Raisins (Bacallà amb panses i ous durs en salsa blanca)

Ingredients for 4 servings: 800 g of desalted codfish; 4 garlic cloves; some parsley; 80 g of raisins, previously soaked in water; 2 hardboiled eggs, cut into quarters; some flour; salt; olive oil; some water.

Preparation: Flour the codfish, fry it in olive oil, and set aside.

Make a sofrito, in a pan with some olive oil, using the garlic and the parsley.

Once the sofrito is ready, add a tbsp of flour, mix it with the sofrito, add some water (300 ml), and simmer until it becomes a béchamel-like sauce. Next add the raisins, the codfish, and the hardboiled eggs. Let it simmer for 5 mins on a low heat.



Baked Cauliflower in Béchamel Sauce and Bacon (Coliflor al horno)

Four servings: 1 cauliflower head, cut into florets; 125 g of bacon, diced; 50 g of grated cheese.

Ingredients for the béchamel sauce: 30 g of butter; 30 g of flour; 1/2 liter of warm milk; salt, pepper and nutmeg to taste.

Preparation: Boil the cauliflower in salted water for 10-15 minutes. Then put the florets in a roasting pan. Sauté the bacon dices in an oil-less frying pan, let them brown a bit and add them on top of the florets. Prepare the béchamel sauce, as indicated in "sauces", and pour it over the ingredients; cover it all with cheese and put it under the oven broiler until ingredients get a nice brown gratin color.



Stuffed Zucchini (Calabacines rellenos)

Ingredients:

2 zucchinis; 4 slices of cured ham; 100 g of grated cheese; 50 g butter; 1 onion, finely chopped; thyme, rosemary and salt

Preparation: Cut Zucchini in halves lengthwise, remove their meat and cut it into cubes. Fry the finely chopped onion in butter, and after a few min add the zucchini cubes and the ham slices, cut into small pieces. Simmer it all for a few minutes. Season with herbs and a pinch of salt.

Fill the zucchini skins with the abovementioned preparation and cover with plenty of grated cheese. Finally, place the zucchini pieces on a roasting pan in the oven at 180°C (356°F) for about 30 minutes, and until cheese has taken on a nice brown color.



Mixed Vegetables (Menestra de verduras)

Ingredients: 1/2 kg. of artichokes; 1/2 kg. of small broad beans; 1/2 kg. of peas; 1/4 kg of baby carrots, peeled; 1 lettuce head; some olive oil; 2 potatoes; 1 onion; 1 tomato; 1/2 tsp of black pepper; salt.

Preparation: Peel and chop the onion and start frying it in a pan; once this sofrito is over, sprinkle some pepper on it hem, and remove from the heat to avoid the spice gets burned; set aside for a future use. Put the artichoke hearts (cut into quarters if they are big) in a pot together with the broad beans, the peas (you can also add the pods); the leek, chopped into big chunks; cover with water (an inch above the level of veggies) and start simmering until all the ingredients reach the boiling point. Add the sofrito previously mentioned at that moment, and continue simmering until the artichokes are cooked (check out the preparation doesn't run out of water). A more solid preparation would include hardboiled eggs and some mushrooms previously sautéed in a pan with some oil.



Roasted Veggies (Verduras asadas al horno)

Ingredients: 2 eggplants; 2 zucchinis; 2 ripe tomatoes; 400 g of mushrooms; 1 green pepper; oil; salt

Parsley vinaigrette: 6 tbsp of olive oil; 2 tbsp of apple cider vinegar; chopped parsley; salt.

Preparation: Cut the eggplants and the zucchinis into thin slices, season with salt and let them release water.

Wash the tomatoes and cut them into slices. Rinse the mushrooms, and sprinkle some oil on all the vegetables. Next place all the ingredients in a roasting pan, move it to a preheated oven at 225°C (456°F), and bake the veggies for 30 min.

In the meantime, prepare the vinaigrette by mixing the oil with a little apple cider vinegar, salt and the chopped parsley. What is left to do is to dress the veggies with the vinaigrette when they are still hot.



Meat-stuffed Peppers (Pimientos rellenos de carne)

Six servings: 6 medium sized red peppers (12 small ones); 150 g of ground pork meat; 150 g of ground veal meat, 2 medium-sized onions; 10 fresh mushrooms, cut into small dice (canned mushrooms are OK, too); oil, salt and black pepper.

Preparation: Fry the onion in a casserole with olive oil and a pinch of salt on a mild heat for 5-8 minutes and then add the mushrooms. Salt and pepper the meats, add them to the casserole, give a stir to mix it all, and let it simmer until you see the meat is nearly cooked. Peppers can be roasted in the oven, singed on the gas flame until the outer skin gets black and can be peeled off, or can be obtained from a can (not a bad option to my opinion). Once you have the peppers ready (clean of seed, peeled, etc.), you have to stuff them with the meat & mushroom preparation (taking care to avoid they burst,) and put them in a preheated oven at 180^aC (356^oF). If the peppers are not too big, you can cook them (or better said heat them) with some sauce made from a light béchamel cream (in this case: with less flour and some dark beef stock). Some French fries would do a good garnish.



Spinach and Serrano Ham Pie (Pastel de espinacas y jamón)

Ingredients: 1/2 kg fresh spinach (I use those that come in the green salad bag); 200 g. of cured ham, cut into small cubes; 1 onion, finely chopped; 6 eggs; olive oil; 1 tsp of paprika; 3 slices of process cheese; breadcrumbs (optional)

Preparation:

Sauté the onion in oil on a medium heat. Once it has softened, add the spinaches and simmer it all together. Next, add the ham, stir well to mix it all. In the meantime, put the eggs, the process cheese, and a tsp of paprika in a blender and mix all the ingredients to a fine paste. Place this paste in a roasting pan, add the spinaches and mix all the ingredients; sprinkle some breadcrumbs and move the roasting pan to a preheated oven at 180^aC (356°F) and bake for about 15 min.



Artichokes with Seafood (Alcachofas a la marinera)

Ingredients: 8 frozen artichoke; 1/2 l of fish stock; 1/2 lb of mussels, clean of beard and impurities; a few sprigs of parsley, finely chopped; 2 garlic cloves, finely chopped. 1 tbsp of flour; 4 tbsp of tomato sauce.

Preparation: Place the mussels in a pot with a very little amount of boiling water, so they can be steam cooked (or use a steamer basket), and afterwards remove the shells. Use the same procedure to cook the artichokes until they get almost soft (frozen artichokes are ideal for this recipe). Prepare a green sauce by sautéing the garlic in oil until it browns a bit, then add the flour to build a roux and incorporate half the parsley. Next, add the fish stock and the remaining water used to steam the mussels (if you use the option of mussels in a very little amount of water); add a pinch of salt, the tomato sauce and simmer for some time to thicken the sauce a bit. This done, place the artichoke quarters and the mussels (kept warm in a oven at a low temperature, or the like) on a dish, pour on this sauce, and sprinkle the rest of the finely chopped parsley.



Galician-style Chard (Acelgas a la Gallega)

Ingredients: 3 lb of chard; 1 carrot, diced; 2 potatoes, diced; 2 garlic cloves, cut into small brunoise; 2 tsp of paprika; 10 ml of olive oil.

Preparation: Clean the chard and remove the fibrous thread-like parts of the stems. Then, chop it all into 1-in squares. On the one hand, cook the chard pieces in abundant water and salt on a high heat. On the other hand, start boiling the potato and the carrot dices, and mix all the ingredients. Next fry the garlic in olive oil, remove from the heat, wait 5 sec, and add the paprika to this fried garlic. Serve the veggies on the dishes and sprinkle the garlic and paprika oil on the ingredients.



Zucchini filled with Cold Ham and Cheese
(Calabacines rellenos de Jamón y Queso)

Ingredients for 4 servings: 1 large zucchini, cut into 1/4 inch slices; 6 oz of cold ham, cut into thin slices; 6 oz. of process cheese, cut into thin slices; 1-2 eggs; 1 onion, finely chopped; 1 carrot; 1 leek stalk, finely chopped; 40 dl of veggie stock; 1 small potato, chunked; 1 tbsp of rice.

Preparation: First, sauté the leek, and the onion to make a sofrito. Add the veggie stock, the potato chunks and the rice, a pinch of salt and simmer until the potato chunks and the rice break up. Next, mix it all with a blender and strain through a china cap. Fill the zucchini slices with the ham and cheese slices. It's better to have this done the previous day. Dredge these sandwiches in flour, deep-fry, and keep warm. Finally, serve the sandwiches and cover them with the sauce.



Artichokes with Serrano Ham (Alcachofas con Jamón)

Ingredients for 4 servings: 1. 85 lb of frozen artichokes; 3-4 oz. of Serrano ham, diced; 100 ml of olive oil; 2 garlic cloves, sliced; 1 l of veggie stock.

Preparation: Cook the artichokes in a veggie stock. In the meantime sauté the garlic slices in some oil. Drain the artichokes, place them in a roasting pan, pour the sofrito on them, sprinkle the Serrano dices and move to a preheated oven at 180°C (356°F), and allow the Serrano ham to get cooked a bit under the grill. A variation to this recipe would include to sauté first the garlic dice, together with the Serrano ham (cut into strips, or dice), add the artichokes (once they have been drained from their cooking broth) and sauté all the ingredients for a few sec so the veggies recover temperature.



Cauliflower sautéed in Garlic (Coliflor salteada al ajillo)

Ingredients: 3 garlic cloves, sliced; 1 bunch of parsley, finely chopped; 1 cauliflower; 1 oz of margarine; 100 ml of olive oil; 4 oz. of bacon, cut into strips.

Preparation: Cut the cauliflower into florets and boil in abundant water with salt, and drain when cooked. Make a sofrito using the garlic and the oil; pour this sofrito on the florets, and sprinkle the Serrano dice on the preparation, add a few strips of butter, and move the cauliflower to a preheated oven and slightly cook the ham dice under the grill. This done, remove the cauliflower and sprinkle some chopped parsley on it before serving.



Ragout of Artichokes, Chard stems, and Clams (Ragout de alcachofas, pencas de acelgas y almejas)

Ingredients for 4 servings: 2.2 lb of chard stems; 8 artichokes; 1 lb of clams, soaked in water from the previous night to eliminate any remaining sand; some olive oil; 2 garlic cloves, finely chopped; 2 tbsp of flour; a bunch of parsley; a few strands of saffron; a cupful of fish stock.

Preparation: Cook the artichokes in abundant boiling water with salt to get them cooked. Prick them with a fork to check if they're soft. Then, refresh them in cold water, pluck off the outer leaves, trim the upper part, and cut into quarters. On the other hand, remove the fibrous thread-like parts of the chard stems, cook to doneness, refresh in water, cut into square pieces and set aside. Next, sauté the garlic in oil, add the flour and the parsley to prepare an initial roux, add the clams, simmer for a few seconds, add the saffron strands, pour in the fish stock and allow the clams to get open. Next, add the artichokes, the chard stems, add a pinch of salt, bring to a short boil and serve.



Baked Eggplant (Albergínies al forn)

Ingredients for 4 servings: 4 eggplants; 4 ripe tomatoes, cut into slices; 200 g of grated cheese; 1 garlic clove; a sprig of parsley, finely chopped; olive oil; salt; black pepper.

Preparation: Cut the eggplant into 1-cm slices. Mix the tomato slices with the garlic, the parsley, oil, salt and the black pepper.

Place the eggplant slices in a roasting pan, with a slice of the tomato preparation on each piece. Let it bake for some 10 min, add the cheese and broil until brown.



Battered Zucchini (Carbassons arrebossats)

Ingredients for 4 servings: 4 zucchinis; 2 eggs; flour; salt; olive oil; water.

Preparation: Cut the zucchinis in slices. Soak them in water and salt for a while. Drain them and towel them dry with KP. Dredge them in flour and, dip them in beaten egg, and deep-fry them in hot oil. Place on KP to drain off the excess of oil. An option, just as the photo suggests, is to add a slice of Serrano in between to eggplant slices and fry it all together.



Vic Sponge Cake (Pa de Pessic de Vic)

Ingredients: 4 eggs; 125 g of flour; 125 g of sugar; 1grated lemon rind; 1 tbsp of baking powder; butter.

Preparation: Mix the eggs, the sugar and the lemon rind with a whip until it all doubles in volume. Sieve the flour and the yeast and add this mixture to the previous one using a spatula. Put this final mixture into a buttered and floured mold and bake it in a preheated oven at 180° C.



Crema Catalana (Catalan Crème brûlée)

Ingredients: 1 liter of milk, 4 egg yolks, 2 tbsp of cornstarch, Cinnamon stick, lemon rind, 200 g of sugar

Preparation:

Step 1: Heat the milk together with the cinnamon and the lemon rind in it.

Step 2: Beat the yolks with the sugar and the cornstarch.

Step 3: Add the milk to the yolks, and whisk it all to form a cream-like mixture.

Step 4: Place this mixture on the heat and let it thicken without reaching the boiling point.

Step 5: Pour the cream in clay pots and let it cool down. Put a layer of sugar on the cream and brown it with a red hot iron piece (or a kitchen blowtorch).



Sweet Rice Soup (Arroz con leche)

Ingredients: 1 cup of round rice grain, 4 cups of milk, 250 g of sugar 1 lemon rind; cinnamon.

Preparation:

Step 1: Cook the rice in a saucepan with enough water to cover the rice and until it evaporates.

Step 2: Next add on the rice the hot milk, the lemon rind and let it simmer for 20 min on a low heat, while stirring frequently.

Step 3: Add sugar, remove from the heat and continue stirring the dessert.

Step 4: Remove the lemon rind and pour the sweet soup into glass or clay containers.

Let the rice cool down and keep it in the fridge to serve this sweet rice soup cold.



Torrijas de SantaTeresa

Ingredients: 6 slices 1 day-old bread, 1/2 litter of milk, 2 eggs, olive oil, 3 tbsp of sugar, cinnamon.

Preparation:

Step 1: Pour the hot milk (with sugar in it) on a plate and let the bread slices soak in it, taking care they don't crumble; let them drain a bit (not too much) on KP.

Step 2: Dip the bread in the beaten eggs and fry them until brown on both sides.

Step 3: Sprinkle with cinnamon and sugar to taste. The toasts can be eaten hot or cold; they can also be smeared with honey.



Fried Milk (Leche frita)

Ingredients: Ingredients: 4 egg yolks; 2 cups of milk ; 2 tbsp of cornstarch used as congealer: 1 lemon rind; oil; 4 tbsp of sugar; 2 eggs + some cornstarch to coat the pieces.

Preparation: First mix the yolks, the sugar and the cornstarch in a bowl. Then add the milk and mix all well; add the lemon rind and start whisking with the hand blender to get an homogeneous and thick sauce. The process is to let it get cold in the fridge so it gets curdled by the action of the cornstarch. As soon as the preparation has a jelly aspect, cut into squares, and batter with the rest of cornstarch and deep in the whisked eggs, and finally fry in abundant sunflower oil (olive oil would leave a taste not adequate for a dessert) to a mild brown color. Place the pieces on KP, and sprinkle some sugar on them.



Tocinitos del Cielo

Ingredients for 6 servings:

1/2 kg of sugar; 1/2 liter of mineral water; 13 yolks; plus 3 eggs
For the caramel: 4 tbsp of sugar; a few drops of water

Preparation: Toast the sugar in the pan to a brown color, and spread the caramel on the bottom of the molds to be used. Prepare the sugar syrup by bringing the water to a boiling point and adding the sugar; keep cooking the mixture until the resulting syrup has the adequate consistency. In the meantime, beat the egg yolks and the whole eggs in a bowl, and once this is achieved pour the syrup through a sieve into the beaten eggs. Mix all the ingredients with a silicone spatula, and then pour the mixture in the molds; place the molds in a roasting pan and move this pan to a preheated oven at 200°C (392°F). Put a lid on the molds and keep them in the oven for 45 mins. Check if they're cooked by pricking them with a fork or a toothpick: if the fork comes out clean, then the dessert is OK.



Almond Cake (Bizcocho de almendras)

Ingredients: 200 g of butter; 200 g of sugar; 200 g of flour; 200 g of ground almonds; 1 tsp of yeast; 6 tbsp of milk; 1 bottle of vanilla extract; 1 pinch of salt
3 eggs

Preparation: Beat the eggs together with the sugar, the butter and the flour in which the yeast and salt have been mixed.

Next, add the milk, the vanilla extract and the finely ground almonds.

Pour the mix in a silicone mold , and move the mold to a preheated oven at 175°C (347°F) and bake it for 45 min



Arnadí (Valencia dessert)

Ingredients: one pumpkin about 3 kilos; cut into chunks; 1 kilo of sugar; raw peeled almonds; pine nuts; one lemon rind.

Preparation: Cook the pumpkin for 20 mins, or until tender; let them drain in sieve for at least 8 hrs, and remove the seeds and the skin. Then, chop finely the fruit meat and mix it with sugar (the same weight as that of the pumpkin), the cinnamon stick and the lemon rind.

Place the mass in a pan, put on some light heat and cook for a few min; then place it in a mold, garnish it with the peeled almonds and pine nuts and move this mold to a preheated oven at 180° C (360°F) and finally bake for 50-60 min. Serve when cool.



Cupcakes (Magdalenas)

Ingredients: 100 g of butter; 100 g of flour; 100 g of sugar; 2 eggs; 1-2 tsp of baking powder; 1 tsp of grated lemon rind.

Preparation: Keep the butter at room temperature for a while so it softens and can be mixed with sugar to get a smooth and creamy preparation. Add the grated lemon rind, and the eggs, one by one, while mixing all well.

Next, add the flour, sifted, and the yeast, and mix gently.

Place the cupcake molds on a roasting pan, and fill them with the preparation at 3/4 of their capacity. Move the roasting pan to a preheated oven at 180°F (360°F) and bake them for 20 minutes.

Remove from oven and let cool.



Apple Flan (Flan de Manzana)

Ingredients: 1/2 kg of apples; 1 small can of condensed milk; 3 eggs

Caramelizing sugar for the mold.

Preparation: Peel the apples and cut into not-too-large pieces. Put the apple pieces to cook until they get soft, and drain. Mix the apples, the eggs and the condensed milk in a blender.

Pour this preparation in a in a caramelized mold, place this mold in a larger pan with water and cook it in bain-marie for 45 min, turn the heat off, and let it cool down in the cooking water used in the bain-marie.



Grilled Mushrooms (Bleeding Milk Caps) (Rovellones a la brasa)

Ingredients for 2 people: ½ kilo of bleeding milk caps (Lactarius sanguifluus), 2-3 garlic cloves, 1 sprig of parsley

Preparation: Remove any rest of earth from the mushrooms with a wet cloth. If they are going to be barbecued, first heat the grill on the charcoal fire, and then place the mushrooms, previously sprinkled with some olive oil, on the grill. The procedure is the same if they are going to be cooked on a hot plate, although wet the plate with some oil first. Cook them until they take on a brown color; if they are barbecued, the distance from the burning charcoal must be taken into account to keep them from getting burned.

Also, avoid overcook them as they will get too dry and almost tasteless. Chop the garlic cloves together with the parsley sprig (discard the stem), and sprinkle both things on the mushrooms with some salt. This type of barbecued, or grilled, mushrooms are used as a garnish for many meats, sausages, etc.



Sautéed Mushrooms (Setas salteadas)

Ingredients for 2 people:

½ kilo of mixed fresh mushrooms: chanterelles, yellow trumpets, grey knights, bleeding milk caps, etc; 2 or 3 garlic cloves, 4 or 5 sprigs of parsley, oil, pepper powder, water-if appropriate-, and salt.

Preparation:

Carefully clean the mushrooms with a wet cloth. Next, start sautéing them in a skillet in which the garlic cloves have been slightly browned in some preheated olive oil (3-4 tbsp) on a low-to-medium heat.

Add some water(1-2 tbsp) if they get too dry during the cooking process; sprinkle some salt and pepper and continue cooking for about 5 minutes; no more than necessary as mushrooms don't need too much cooking. Serve immediately.



Mushrooms and Shrimp salad (Ensalada de langostinos y setas)

Ingredients:

200 g of mushrooms, 24 fresh prawns, 20 asparagus, 1/2 cup of fish stock, 1 dash of olive oil, drops of white vinegar, 4 garlic cloves, 1 bunch of parsley, 2 medium whole lettuces, 2 radishes

Preparation:

Cut the mushrooms in half and set aside. Peel the prawns, but keeping the final end of the tails. and reserve. Finely chop the parsley and two of the garlic cloves, wash the rest of the vegetables and chop the radish.

Meanwhile, bring to boil the asparagus until they're half cooked. When ready, drain, let them cool and cut in half.

Once everything is ready, sauté the shrimps in a pan with the other two garlic cloves previously crushed in a mortar. Then add the mushrooms, a few drops of vinegar, the fish stock and the asparagus. Cover the pan with a lid and simmer for 5 minutes. Serve by first placing the vegetables and top with the sauce.



Eggplant stuffed with Beef Meat, and Mushrooms (Berenjena rellena con Carne y Setas)

Ingredients for 4 people:

2 eggplants, half pound of ground beef (or mixture of beef and pork), 100 g of scotch bonnets (fairy ring mushrooms), half an onion, garlic, olive oil and grated cheese au gratin.

Preparation:

Cut the eggplants lengthwise and remove their pulp. Chop the egg plant pulp, garlic and onion. Sauté the onion, the garlic, the mushrooms (better fry them separately to reserve a few for garnish), and then the eggplant pulp, mixing everything well. Add the ground beef, and a splash of brandy and continue stirring so that everything is well mixed. Season to taste.

Meanwhile put the empty eggplants in a microwave for about 8 to 10 minutes at full power. Fill the eggplant with the mixture cooked before and top them with a layer of grated cheese. Put under the grill for a few minutes until the cheese takes on a brown color. Top it all with some of the reserved mushrooms.



Cream of Mushrooms (Crema de Champiñones)

Ingredients for 2 people:

200 grams of mushrooms, 1 onion, butter, 1 level spoonful of flour or cornstarch, 4 or 5 tbsp of chicken and/or vegetable stock, 3 tbsp of cream, milk (if needed), parsley, pepper and salt, some croutons (optional).

Preparation:

Remove earth from the mushrooms with a wet cloth, and cut into thin slices. Heat some butter in a pan and sauté the grated onion, mushrooms, parsley, finely chopped, and the pepper. After a few minutes, add half the stock, and a pinch of salt (in case the stock is unsalted); let it simmer for about 15 minutes.

Melt some butter in a separate bowl and mix it with the flour, cream and the remaining stock to make a lump-free sauce, while cooking it for 5 min and stirring continuously. Add this sauce to the mushrooms and let cook slowly all along for about 10 minutes. Add more stock (or milk if the stock is finished) if it gets excessively thick instead of creamy. Finally, process it with a mixer, check salt, and add the croutons.



Sausage and Mushroom Skewers (Brochetas de Salchichas y Setas)

Ingredients for 2 servings:

6 pork sausages, a few mushrooms, sliced. Maceration juice: 1 garlic clove, oil, 1 tsp of mustard, 1 lemon, varied herbs, parsley and salt.

Preparation:

Put the sausages (cut into smaller pieces if they're too big) and mushrooms to marinate for 24 hours in the following preparation: oil, garlic and parsley, finely chopped, a tsp of mustard, the juice of a lemon, a few shredded herbs and some salt.

Let it sit in the fridge for a whole day, but stirring it from time to time. To prepare the skewers, just alternate pieces of sausage and mushrooms and put them on top of a hot plate or grill over a medium-to-high heat, and sprinkle on them some of the same marinating oil, turning the skewers so that they get cooked equally on all sides.



Fresh Mushrooms Soup (Sopa de setas frescas)

Ingredients for people 4: 100 grams of fresh mushrooms (grey knights, golden chanterelles or yellow trumpets), 1 onion, 2 big and ripe tomatoes, 2 garlic cloves, a few asparagus (cut into 2/3 pieces), 4 cups of chicken stock, some salt and oil.

Ingredients for the paste: 12 raw and peeled almonds, 1 garlic clove, 1 level spoonful of breadcrumbs, or 2 biscuits soaked in mellow wine, a generous pinch of cinnamon, 1 sprig of parsley, a few strips of saffron, some beef stock, salt.

Preparation: Gently wash the mushrooms and cut them into even pieces. Next, salt them a bit and fry them together with the asparagus in some oil in a deep pot, as it must contain the final stock. Remove the mushrooms, set aside, and fry (add some oil if necessary) the onion and garlic cloves, finely chopped. When browned (this is essential), add the tomatoes peeled and seeded, and the salt (if it is necessary), and simmer for 15 min until all the ingredients are cooked. Then incorporate the broth, stir and add the mushrooms and the juices they may have released, as well as the paste mentioned before. Finally, let it all cook for 15 min, and serve with some croutons (optional).



Scrambled Eggs with Mushrooms (Huevos revueltos con setas)

Ingredients for 2 people: 3 eggs; 150 grams of mushrooms (any variety you like); oil; 2/3 slices of bacon, cut into smaller strips; pepper; salt, bread sticks (optional).

Preparation:

Clean the mushrooms as usual and cut them into small pieces. Beat the eggs with some salt in a separate bowl. Fry the bacon strips in a pan with some olive oil, and add the mushrooms a few sec later; salt and pepper before removing them (drained) from the pan.

Next, mix the mushrooms and the bacon with the beaten eggs and fry the mixture in a clean pan (better anti-adherent) with very little oil while stirring with a wooden spoon until the eggs get cooked. They must be served before they cool down, and can be accompanied by some toasted bread sticks.



Veal (or beef) Stew with Mushrooms (Ternera con setas)

Ingredients for 4 people:

800 grams of beef (chuck, or similar cut), cut into steaks; 300 grams of bleeding milk caps (or a mixture of mushrooms, as for example, golden chanterelle, changles); 8 or 10 small onions (the smaller the better); 2 garlic cloves, 1 carrot, 2 tomatoes, big and ripe (peeled, seeded, and coarsely chopped) $\frac{1}{4}$ liter of white wine, 1 bunch of herbs: laurel, oregano, rosemary and a piece of dried orange rind; water, oil, parsley, pepper (optional) and salt. **Ingredients for a good mash:** 2 bread slices fried in oil, 2 garlic cloves, roasted almonds.

Preparation:

First of all, brown the onions(whole); then add the garlic to a brown color, too. Next, add the meat steaks, stirring it all and checking that the meat has lost its pink color. Now is time to add the herbs, the parsley, chopped, and the pepper, and allow some minutes of simmering. After this time, add the carrot, cut into thick slices, and the mushrooms (the big ones cut to the size of the smaller ones). Put a lid on the casserole, and stew the meat, on a medium heat, until the cooking liquid has reduced by $\frac{2}{3}$. Add the wine, the mash and some water to cover everything. Add salt to taste, and simmer until the meat is tender. Remove the bunch of herbs before serving. The resulting sauce can be pressed, together with the vegetables (not the mushrooms), through the Chinese strainer to thicken it a bit.



Beef (or Veal) Steak with Mushrooms (Filete de Ternera o buey con setas)

Ingredients for 2 people:

2 veal or beef steaks, cut into smaller pieces; 300 grams of mushrooms (bleeding milk caps, for example), butter, salt, pepper, 1 cup of brandy, fresh sage leaves (optional).

Preparation:

Fry first the mushrooms in a pan with some butter for a 6-8 min; then add the brandy and let it reduce . In the meantime, fry the meat to the desired point of doneness in another pan with some butter. Add the mushrooms and sauté it all for a few seconds. Add salt and pepper to taste and serve immediately with the parsley sprinkled on the preparation (optional); this recipe can be accompanied by grilled (or barbecued) veggies, mashed potatoes.



Squids stuffed with Mushrooms (Calamares rellenos de Setas)

Ingredients:

12 squids, 300 gr. of mixed mushrooms (bleeding milk cap, grey knights, dove-colored tricholoma), garlic, parsley, flour, oil, salt and pepper, For the false ink: 250 g of yellow trumpets
150 ml of vegetable stock.

Preparation:

Clean the squids and turn each one inside-out. Cut the fins, tentacles and mushrooms into small pieces. Sauté it all in the pan with a little oil, add the garlic and the parsley (chopped); add salt and pepper to taste and fill each squid with this mixture. Next, flour each squid and fry them in olive (or sunflower) oil to a brown color; drain the oil from each squid and reserve. Fry the yellow trumpets in some olive oil; season and add the broth, cook for a few minutes and process in a blender. Serve the squids with the sauce on top of them.



Crêpes stuffed with Mushrooms and cheese

Ingredients:

250 g of mushrooms, 250 g of cheese (creamy)

Mass of pancakes: 500 g of milk, 250 g of flour, 2 eggs, a pinch of salt, a little oil or butter, flour, salt, milk, eggs, brandy.

Preparation:

Put the flour into a bowl with a little salt. Add the eggs, stir with a whip and add the milk little by little and continue whisking it all from the center outward to form a smooth paste. Add the melted butter (cold). Let it sit for 30 min.

Preparation of pancakes:

After this time, spread some butter on the pan and on a low heat. Pour some of the pancake mass on the pan and spread it to form a very thin layer. Let each side take on a brown color (10 sec) and flip over each cake with a wooden spatula. Sauté the mushrooms with some oil. Fill the pancakes with the mushrooms and the cheese, and place the pancakes on a pan to help melt the cheese.



Tagliatelle with black Chanterelles (Espaguetis con Trompetas de la muerte)

Ingredients for 4 people:

150 g of fresh mushrooms (60 g if they are dry, but have them soaked in some 100 cc of water for at least 4 hours), 1 cup of cream, 400 g of spaghetti, some nutmeg, salt, pepper oil & oil

Preparation:

Cook the tagliatelle in water with some oil and salt to the desired point of doneness. Fry the mushrooms in some butter (if you use rehydrated mushrooms, add the soaking water and reduce it). Next add the cream and salt and pepper to taste, and also add a pinch of nutmeg. One option is to process the sauce in the blender and add it to the spaghetti. Note: Obviously, it's much better to use fresh mushrooms when they are in season. Also, many other types of mushrooms can be used in this recipes. The taste rules!



Filo Parcels with Ham and Mushrooms

Ingredients:

2 small onions; cut into brunoise; 150 g of varied mushrooms; 25 g of ham; diced; 1 garlic clove coarsely chopped; parsley, chopped; salt; pepper; olive oil; and 8 sheets filo of pastry.

Preparation:

Sauté the onion in a skillet until it starts to become transparent. Then add the mushrooms cut into smaller pieces -previously cleaned- add salt and a little pepper. Add the diced ham when the mushrooms release some of their water. Give a stir and add both the garlic and the parsley. Allow the filo pastry to get room temperature. Preheat the oven to 356° F / 180° C (the grill and the bottom part). Fill the filo sheets with a spoonful of the preparation, and give them the shape you desire. Use some olive oil applied with your finger to close the parcels. Use some more oil to paint the filo parcels, as this will allow them to take on a brown color. A silicone sheet on the baking tray will prevent parcels from getting stuck on the baking pan; also, you can paint the bottom of pan with some oil for the same reason. Bake for 10 minutes or until golden, and serve immediately.



Pork Loin with Mushroom sauce (Lomo con salsa de Champiñones)

Ingredients:

8 tender loin steaks, mushrooms, 200 ml of cream, half cup of white wine, salt, nutmeg, pepper.

Preparation:

Salt and fry the meat until it takes on a brown color. In the meantime, use a blender to process half of the mushrooms with 200 ml of cream, and a pinch of nutmeg and pepper, and start cooking this sauce on a medium heat for a few minutes and until it reduces a bit. Sauté the rest of mushrooms, and add them to the sauce, which will be used to cook the meat, together with wine. Simmer it all for some minutes until the sauce has reduced to the desired consistency.



Potato Strudel with Mushrooms (Mil hojas de Patata con setas)

Ingredients:

700 g potatoes, 500 g of assorted mushrooms; 200 ml of cream; salt, pepper, nutmeg; and some grated cheese.

Preparation:

Slice the potatoes very thin and sauté them for about 10 minutes with cream, salt, pepper and nutmeg. Cut the mushrooms into slices, and sauté them with some salt and pepper.

Start placing layers of potatoes and mushrooms in a ring mold, topped by a layer of potatoes. Put a little cheese on top and bake for about 5 minutes in order to get a brown color. Also, a good idea is to make a mushroom béchamel and top the strudels.

The mushrooms on the photo have not been topped with cheese in order to distinguish the different types of fungi used in this preparation.



Yellow Trumpet Pizza (Pizza de Trompetas amarillas)

Ingredients (for one pizza):

250 g of pizza dough, olive oil and a garlic clove to be sautéed with the mushrooms; a pinch of salt; 250 g of yellow trumpets; a few tbsp of Neapolitan sauce; a handful of freshly grated cheese, grated; some slices of ham, a dash of olive oil.

Preparation:

Sauté the garlic in a skillet with some olive oil to flavor it. Sauté the mushrooms, so they release some of their water; add some salt and set aside. Extend the dough on top the table (with some flour spread on it); knead, and place on a baking pan, previously wet with some oil, and add the tomato and bake until it gets the desired consistency and color. Next, add the mushrooms, the slices of ham, some oil and the grated cheese on top. Put the pizza back in the oven for 5 minutes.