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Gastronomy & Recipes

Spanish Tapas in English, Recipes in English by Carlos Mirasierras



Roasted vegetables with Serrano ham

Ingredients: 1/2kg of eggplant; 2 red peppers ; 1 medium onion; 3 tbsp olive oil; 2 tbsp lemon juice; 50g Serrano ham; 4 small tomatoes

Preparation:

Wash then cut the eggplant and peppers in half

Cut the onion into quarters and wash the tomatoes

Place everything in a roasting tin and sprinkle over 2 tbsp of olive oil

Roast the vegetables in a preheated oven (180 degrees) for about 20 mins; then remove from the oven and set aside to cool

Meanwhile cut the Serrano ham into small pieces and lightly fry it for a few mins then set aside

Remove the skin from the vegetables and cut then into small cubes; then put everything in a bowl, add a little more olive oil if necessary, and some lemon juice , and season with salt and pepper

Finally, add the Serrano ham. Serve cold.

Empanadillas (small meat-stuffed pies)

Ingredients for the filling: 400g (14 oz) canned tuna or cooked meat of your choice, such as chicken, beef, or ham, finely chopped or minced; 6 tbsps of grated ripe tomatoes; 2 hard boiled eggs, peeled and chopped; 2 tbsps of brandy; Half small onion, peeled and chopped; 10 pitted green olives chopped (optional)

For the pastry: 400g (14 oz) plain flour 200g (7 oz) butter Pinch of salt 200ml (6.8 fl.oz) chilled white wine

Preparation:

First make the pastry: Sieve the flour into a large mixing bowl and add the salt.

Add the butter and then rub in until the mixture resembles breadcrumbs.

Add the wine a little at a time while you combine with a knife.

Knead into a ball and turn out onto a floured surface. Knead briefly and wrap in cling film.

Place in the fridge for an hour.

Once chilled, roll out the pastry onto a floured surface to a thickness of about ½ a centimeter. Cut into rounds of about 10cm.

Mix all of the filling ingredients together.

Put a spoonful of the filling into the centre of each round, dampen the edges with a little water and fold over to make half moons. Press the edges firmly together with a fork.

In a small, deep pan heat enough olive oil to cover the pasties until just below smoking point. Fry the pasties in batches for a few minutes until golden all over. Drain on kitchen paper and serve immediately.

Oyster mushrooms with almond sauce

Ingredients: 1 kg of *oyster mushrooms*; 12 peeled almonds; 1/2 tsp of paprika; salt; 100 ml of white wine; flour; 1 tbsp of butter

Preparation:

Wipe clean the oyster mushrooms and set aside

Grind the peeled almonds with a hand blender

Heat the oil in a frying pan to cook the mushrooms, season with salt - fry for 8 mins turning the mushrooms over so they brown on both sides

Put the white wine, ground almonds and flour in a separate pan and cook until the sauce thickens - stirring to avoid it becomes lumpy

Put the mushrooms on a serving plate and pour the sauce over them - garnish with freshly chopped parsley and serve immediately

Scrambled eggs with bacon and sausage

Ingredients: 50 g of bacon; 50 g of chorizo sausage; 1 tbsp of olive oil; 4 eggs; 2 tbsp of milk; salt and pepper

Preparation:

Cut the bacon and the chorizo into small cubes (first, remove the casing of the chorizo) Fry the cubes in some oil

Whisk the eggs together with the milk, season with salt and pepper, and pour it all in frying pan, while stirring the mixture; serve on some fresh bread once the eggs are set.

Artichokes with lemon

Ingredients: 8 artichokes; 4 tbsp of lemon juice; 2 cloves of garlic; 4tbsp of olive oil; 2 tbsp of finely ground breadcrumbs; salt and pepper

Preparation:

Remove the rough outer leaves of the artichoke , rub with a little lemon juice and boil in salted water for about 15 mins, and drain afterwards.

Heat the oil in a frying pan and sauté the chopped onion and garlic for a few mins until the onion softens, then add the breadcrumbs and fry for a few more mins until the breadcrumbs become crisp

Add the lemon juice to the frying pan - season the mixture with salt and pepper

Next, place the cooked artichokes on a plate, cut in halves, pour the mixture over them and serve immediately.

Broken Eggs Huevos rotos)

This recipe is also known as [Huevos estrellados](#)

Ingredients: *3 large potatoes peeled and cut into 2cm cubes; 6 garlic cloves, unpeeled; 8-10 slices of serrano ham; 4 eggs olive oil for frying, about 500ml; salt ½ teaspoon smoked paprika (use hot or sweet, depending on your preference)*

Preparation:

Heat about 300ml olive oil in a deep pan over a medium heat. Add the potatoes and cook for around 15 minutes, turning from time to time. Add the garlic and continue cooking for another 10 minutes until the potatoes are tender and lightly golden.

Remove and drain on kitchen paper, sprinkle with salt and paprika. Divide the potatoes onto four warm plates.

Fill another small, deep saucepan with the rest of the oil and heat over a high heat.

Crack the eggs into a cup, one at a time and slide into the hot oil.

Cook for 30-90 seconds (depending on if you like your eggs runny or firm) remove with a slotted spoon, drain and place on top of the potatoes.

Lay a couple of slices of serrano ham over the top and serve immediately.

San Jacobos

Ingredients: *sliced ham; thinly sliced cheese; 1 egg, whisked; olive oil; fine breadcrumbs*

Preparation:

Roll a slice of ham and a slice of cheese together, dip the roll in the whisked eggs, dredge it in the breadcrumbs. (stick a toothpick through the roll if the slices don't hold together)

*Fry the rolls in hot oil until they get a nice brownish color.
Place the rolls on kitchen paper to drain off the excess of oil.*

Fritters

Ingredients: *1/2 onion; 1 garlic clove; fresh parsley; 150 g of flour; 1 egg (yolk and white separated); 300 g of bone-free fish; 1/4 tsp of baking powder; 1/4 tsp of crushed saffron strands; 150 ml of water; salt; olive oil*

Preparation:

Put the onion, parsley, flour, baking powder, water, 1/2 tsp salt, egg yolk, saffron in a blender and mix together to make a batter - let it sit for about 30 mins.

Whisk the egg white until stiff and add it to the batter.

Dip the pieces of fish into the batter, and deep-fry in hot oil (not smoking) to get a nice brown color

Remove from the oil when brown and drain off the excess oil before serving

Spicy kebabs

Preparation: *1/2 pork or beef; chopped parsley; 4 garlic cloves, finely chopped ; the juice of 1 lemon; 1/2 tsp paprika; 1/2 tsp of ground cumin*

Preparation:

Cut the meat into cubes

Put the lemon juice, the chopped parsley (2 tbsp), the garlic, the paprika and the ground cumin into a bowl to make the marinade

Put the meat cubes into the bowl and keep them in the fridge for 8 - 24 hours

Assemble the skewers, and grill/barbeque them.

Green olives in a herb sauce

Ingredients: *300 g of green olives; 1 tbsp chopped fresh parsley; 2 cloves garlic, crushed; olive oil*

Preparation:

Crush the olives with the help of a rolling pin

Next, put the olives in a container with a screw-cap, add the garlic cloves, the parsley in a glass jar and pour over some olive oil (about 2 tbsp) - shake all ingredients together keep in the fridge before serving.

Fried fresh anchovies

Ingredients: /2 kg fresh anchovies; flour; 2 eggs (whisked); olive oil

Preparation:

Gut the fresh anchovies, cut the heads off, open the fish lengthwise, and remove the backbone ; next, wash them under running water and drain thoroughly.

Season with salt

Dip them in a batter made of flour and whisked egg and deep-fry them in hot oil, making sure that they don't get over-fried

Serve straightaway before they get cold.

Prawns with Romesco sauce

Ingredients: 1 red pepper, preferably the long, thin skinned Roman variety; 3 fat garlic cloves; 1 large fresh red chili; 1 large ripe tomato; 10 shelled hazelnuts; 10 blanched almonds; 3 sprigs parsley; small slice day-old bread; 8 tbsp olive oil; 2 tbsp red wine vinegar; 400g pack large, cooked, peeled tiger prawns, defrosted if frozen (if frozen it is better to scald them for 8-10 secs. so they won't release juices when fried)

Preparation: *Prepare ahead - halve the pepper lengthways and remove the seeds and stalk. Line a grill pan with foil and put the pepper halves, skin side up, on the grill pan with the whole garlic cloves, chili and tomato. Grill for 2 minutes, turn the tomato, then grill for a further 2 minutes. Remove the tomato with a large spoon, then peel, quarter and remove the seeds. Then chop the tomato roughly.*

Continue grilling the pepper, chili and garlic for 4-5 minutes, until the pepper and chili skins have blackened and the garlic is starting to soften (the garlic skin will start to split when it is ready). When cool enough to handle, peel and halve the chili, and scrape out and discard the seeds. Peel the pepper and roughly chop both the pepper and chili.

Spread nuts over the foil and grill until toasted. Finely chop the nuts and parsley in a food processor. Tip into a small bowl.

Heat 3 tbsp of oil in a frying pan, add the pepper, garlic and chili and fry for 3 minutes. Tear up the bread and add to the pan, turning it in the oil until lightly browned. Pulse in food processor with the tomatoes, salt, vinegar and oil until

roughly chopped. Tip into a bowl. Leave to cool and store in fridge for up to 3 days.

On the day add the nuts and parsley to the sauce and mix. Serve in a small bowl on a plate with the peeled prawns. Supply cocktail sticks for spearing the prawns.

Asparagus Wrapped in Jamón Serrano

Ingredients: 1 bunch fresh asparagus spears; 12 long, thin slices of prosciutto; juice of 1 lemon; extra virgin olive oil; salt and freshly ground pepper; 1 heaping tbsp chopped yellow or orange bell pepper

Preparation:

Steam fresh asparagus or drain wild asparagus. Wrap slices of jamón around a small bunch of asparagus. Chill until cool. Before serving, drizzle with extra virgin olive oil and lemon juice. Season with salt and pepper to taste.

Spanish spinach omelet

Ingredients: 400g bag spinach leaves; 3 tbsp olive oil; 1 large onion, finely sliced 2 large potatoes, peeled and finely sliced 10 eggs

Preparation: *Tip the spinach into a large colander and bring a kettleful of water to the boil. Slowly pour the water over the spinach until wilted, then cool under cold water. Squeeze all the liquid out of the spinach and set aside.*

Heat grill to high. Heat the oil in a non-stick frying pan and gently cook the onion and potato for about 10 mins until the potato is soft. While the onion is cooking, beat the eggs together in a large bowl and season with salt and pepper. Stir the spinach into the potatoes, then pour in the eggs and cook, stirring occasionally, until nearly set, then flash the omelet under the grill to set the top. Ease the omelet on to a plate, then flip over back into the pan. Finish cooking the omelet on the underside and turn out onto a board. Serve cut into wedges.

Fried artichokes

Ingredients: 4 artichokes; olive oil; salt; 2 garlic cloves, sliced; a few slices of Serrano ham (optional); lemon juice

Preparation:

Remove the outer layers of the artichokes from the edible part; also cut the stalk.

Slice the artichokes into thin layers (1/4 of an inch).

Fry the artichoke slices together with the garlic, and avoid both ingredients get over-fried .

Finally, drain the excess of oil, sprinkle some salt on them and serve with some Serrano ham slices.

Marinated mushrooms

Ingredients: *3 tbsp of olive oil; 1 small onion, finely chopped; 1 garlic clove, finely chopped; 1/2 small glass of white wine; 1/2 small glass of water; salt and pepper; 350g mushrooms (preferably small)*

Preparation:

Heat the oil in a heavy based pan

*Slightly fry first the garlic and start simmering the onion; add some salt and pepper and keep them on the heat for 5 - 10 mins until the onion has softened
Add the wine, allow it to evaporate, add the water and let simmer for 20 mins
In the meantime clean the mushrooms and slice them;*

Next, add the mushrooms, and allow another ten minutes of simmering before serving. This preparation can also be consumed cold.

Barbecued mini ribs

Ingredients: *1 rack of pork ribs, about; 1 1/2 tbsp sherry; 1 tbsp tomato puree (paste); 1 tsp soy Sauce; 1 / 2 tsp Tabasco Sauce; 1 tbsp brown sugar; 2 tbsp seasoned plain (all-purpose) flour; Coarse sea salt*

Preparation *Separate the ribs, then, using a meat cleaver or heavy knife, cut each rib in half across make about 30 pieces. Mix the sherry, tomato purée, soy sauce, Tabasco, and sugar in a bowl. Stir in 1/2 teaspoon of salt. Put the seasoned flour in a strong plastic bag, then add the ribs and toss to coat. Dip each rib in the sauce. Cook on a hot barbecue or under a hot grill (broiler) for 30-40 minutes, turning occasionally until cooked and a little charred.*

Oyster mushrooms recipe

Ingredients: *200 g of large oyster mushrooms; 2 or 3 garlic cloves, finely sliced; 2 tbsp olive oil; salt*

Preparation:

Fry the oyster mushrooms, and the garlic (the latter is optional) in oil over a high flame, and sprinkle some salt on them.

Keep turning the mushrooms over so they can be cooked on both sides.

Once they are fried you can add parsley and garlic, finely chopped, and sprinkle some olive oil on the preparation. Serve before it gets cold.

Fried asparagus

Ingredients: *Green asparagus; 2 tbsp olive oil; salt;*

Preparation:

Wash the asparagus and cut off the rough ends (a good system is to try to break the asparagus with both hands and by the weakest point; the rough end easily becomes detached at this point)

Fry the asparagus in some olive oil on a medium-to-high heat until they all get a bit brown. 3. Next, and once they are fried, sprinkle some salt, lemon juice (optional) and serve before they get cold.

Fried eggplants

Ingredients: *1 medium eggplant; 1 egg; a few slices of Serrano ham (optional); 3 tbsp flour; salt and olive oil*

Preparation:

Slice the eggplant (about 1 cm thick)

Whisk the egg with some salt, and set aside

Spread some flour on a large plate

Start heating the oil in a frying pan on a medium heat

Dip the eggplant slices in the whisked egg and dredge in flour

Fry immediately for about 3 - 5 mins, turning them over to get a brown color on each side, and place on kitchen paper to drain off the excess of oil.

Basque pincho: Mushroom and ham

Ingredients: *A loaf of bread (baguette); 100 g of uncut medium-sized mushrooms; 50 g Serrano ham; salt and pepper; olive oil*

Presentation:

First, clean the mushrooms; place them on a roasting pan, sprinkle some oil, and move them to a preheated oven at 200° C for approx 10 mins when done remove from the oven and season with salt and pepper - set aside

Cut up the stick of bread and lay the pieces (about 3 cm thick) on a plate

Place a slice of ham on each piece of bread and on top place the cooked mushroom secured by a cocktail stick.

Tuna, egg and tomato salad

Ingredients: *1 large tomato; 1 small tin of tuna; 2 hard boiled eggs; 2 spring onions; a few green olives; 1 clove of garlic; 2 tbsp extra virgin olive oil; 2 tbsp white wine vinegar; salt and pepper*

Preparation:

*Chop the tomato and egg into small cubes place in a bowl and set aside
Finely chop the spring onion then crush the green olives (remove the stones first) and add to the tomato and egg
Drain the tuna and add to the above ingredients mixing all together
Make the dressing by mixing the olive oil, vinegar and garlic (crushed) in a jam jar - shake the jam jar then pour the dressing over the salad
Season with salt and freshly ground black pepper and serve with some roughly cut chunks of white bread.*

Fried prawns in batter

Ingredients: *1/2 kg medium sized prawns; olive oil; 150g flour; 2 egg whites; 250 ml beer or lager; salt*

Preparation:

*Sieve the flour into a bowl and add a pinch of salt
Make a hole in the middle of the flour and add 1 tbsp olive oil and the beer or lager
Stir the mixture well working it from the centre outwards until it has a smooth consistency - put aside at room temperature for 30 mins
Peel the prawns leaving part of the shell at the tail end
Whisk the egg whites until stiff then add to the batter
Heat enough oil in a pan to deep fry the prawns
Place the prawns in the batter one by one and fry them a few at a time until the batter has turned golden and the prawns are done
Remove the prawns from the oil and drain off excess oil by placing them on a plate covered with kitchen paper.*

Mushrooms

Ingredients: 1/2 kg mushrooms; 1 small onion; salt and pepper; olive oil; 1 tbsp flour; parsley (optional)

Ingredients:

*Clean the mushrooms and slice them leaving the slices quite chunky
Place 4 tbsp olive oil in a frying pan, heat the oil and then add the mushrooms and chopped onion - season with salt and pepper
Fry the mushrooms and onion slowly over a low heat for about 15 mins keep stirring
Finally add 1 tbsp flour and stir into the mixture for a further 5 mins - place in a serving dish.*

Potatoes in garlic mayonnaise

Ingredients: 2 large potatoes; 3 tbsp mayonnaise; 1 large clove of garlic crushed; 2 tbsp fresh of chopped parsley

Preparation:

*Peel the potatoes and boil in salted water for approx 20 mins check that the potatoes are done then drain and leave to cool
In a bowl mix the mayonnaise, chopped parsley and crushed garlic
Once the potatoes have cooled chop them into small chunks (2x2cm)
Add the potatoes to the garlic mayonnaise and mix well
Leave in the fridge for 30mins before serving at room temperature*

Russian salad (*Ensaladilla rusa*)

Ingredients: 1 large potato; 2 eggs; 1 small tin of tuna; mayonnaise; green olives (pitted)

Preparation:

*Peel the potato cut into small pieces and boil in salted water for approx 10 mins or until soft - drain and leave to cool
Hard boil the eggs then remove the shells and leave in cold water to cool
Once cooled, chop the egg and potato into small cubes place in a bowl and add the tuna
Chop a few green olives and add to the bowl (optional)
Mix all the above ingredients season with a little salt and pepper
Finally add 2 - 3 tbsp mayonnaise and stir into the mixture
Garnish with whole green olives and a sprinkle of sweet paprika.*

Prawns with garlic mayonnaise

Ingredients: 50 g mayonnaise; 50g large prawns; 1 large clove of garlic crushed; sea salt

Preparation:

Mix the mayonnaise and crushed garlic in a bowl and set aside

Shell the prawns, place on a baking tray

Sprinkle with a little sea salt and olive oil then place under a medium grill

Turn the prawns several times so that they are thoroughly cooked on both sides

When the prawns are golden place on a serving dish with the garlic mayonnaise to one side

Stuffed mussels

Ingredients: 1.5 kg mussels; 1 large onion; 2 green peppers; 1/2 kg tomatoes; 1 glass of white wine; salt; olive oil; béchamel; flour; eggs; fine bread crumbs

Preparation:

Clean the mussel shells very well (you'll need to use them later)

Place the mussels in a pan and add the white wine then cook with the lid on

When the mussel shells have opened remove the flesh and place on a plate (put the shells to one side for use later)

Chop the onion and peppers finely and sauté in 3 tbsp olive oil then peel and chop the tomato, add to the mixture and season with salt

Chop the mussels finely and add to the mixture

Fill the mussel shells with the mixture and top with béchamel (see below for instructions on how to make béchamel)

Cover with flour, beaten egg and the breadcrumbs (not the shell) and fry in hot oil until the breadcrumbs are golden.

Recipe for fried almonds

Ingredients: 100g peeled almonds; sea salt; 1 tbsp olive oil

Preparation:

Heat the olive oil in a frying pan

Add the almonds and move them around the pan constantly for about 1 min

When the almonds have browned remove from the frying pan and place on a plate covered with kitchen paper

Sprinkle some sea salt (the coarser the better) and leave to cool before eating

Fried Squid

Ingredients: 1/2 kg frozen squid; flour; eggs; fine breadcrumbs; sunflower oil; 1 lemon

Preparation:

Make sure the squid pieces are completely defrosted

Beat an egg and set aside for the batter

Heat sunflower oil in a frying pan - make sure there's enough oil to deep fry the squid

Cover the squid pieces in egg, flour and breadcrumbs then fry in hot oil

Remove the fried squid from the frying pan and serve on a plate with a few pieces of lemon.

Garlic King Size Prawns

Ingredients: 3 tbsp olive oil; 1 clove garlic; a pinch of paprika; 10 large peeled prawns,

Preparation:

Place the peeled prawns, finely chopped garlic, pinch of paprika and olive oil in a strong earthenware casserole dish

Place over a medium heat and cook until the prawns have curled and turned pink - alternatively you can cook the prawns in the oven (180 degrees)

Serve immediately with a cool dry white wine.

Easy quick recipe for Spanish omelet *(Tortilla Española)*

Ingredients: 4 eggs; 1/2 kilo potatoes; Olive oil (one glass, or 1/4 liter); Salt

Preparation:

Wash and cut the potatoes into thin slices. Heat the oil in the pan, and add the potatoes and salt. Fry, stirring occasionally. Tip: If you prefer the potatoes to be soft, use a spatula to mash them as they are frying. As soon as they are a golden color, remove from the pan and put the potato mixture either in a sieve or on kitchen paper, so that as much oil as possible drains away or is absorbed. Beat the eggs well with a pinch of salt, and add to the potatoes. Mix well.

Put two small spoonfuls of olive oil in the frying pan, so that the bottom of the pan is covered with a thin layer of oil. Once the oil is hot, add the potato and

egg mixture. *Tip: shake the pan gently as you move the mixture, so that none sticks to the bottom. Once the omelet seems to be cooked, use the lid of the frying pan (or a large plate) to tip the omelet out of the pan, add a little more oil and slide the omelet in again, this time putting the less cooked side first into the pan. If you need to repeat this step, so that the omelet is perfectly cooked and golden on both sides, you may do so. This omelet is delicious hot or cold.*

Stuffed Tomatoes

Ingredients: 8 small tomatoes, or 3 large ones; 4 hard-boiled eggs, cooled and peeled; 6 tbsp alloli or mayonnaise; Salt and pepper; 1 tbsp parsley, chopped; 1 tbsp white breadcrumbs, if using large tomatoes

Preparation: Skin the tomatoes, first by cutting out the core with a sharp knife and making a '+' incision on the other end of the tomato. Then place in a pan of boiling water for 10 seconds, remove and plunge into a bowl of iced or very cold water (this latter step is to stop the tomatoes from cooking and going mushy). Slice the tops off the tomatoes, and just enough of their bases to remove the rounded ends so that they will sit squarely on the plate. Keep the tops if using small tomatoes, but discard those large tomatoes. Remove the seeds and insides, either with a teaspoon or small, sharp knife. Mash the eggs with the alloli -or the mayonnaise, if using- salt, pepper and parsley. Stuff the tomatoes, firmly pressing the filling down. With small tomatoes, replace the lids at a jaunty angle. If keeping to serve later, brush them with olive oil and black pepper or prevent them from drying out. Cover with cling film and keep. For large tomatoes, the filling must be firm enough to be sliced. If you make your own mayonnaise, thicken it by using more egg yolks. If you use shop-bought mayonnaise or alloli, add white breadcrumbs until the mixture reaches the consistency of mashed potatoes. Season. Fill the tomatoes, pressing down firmly until level. Refrigerate for 1 hour, then slice with a sharp carving knife into rings. Sprinkle with chopped parsley. - See more at: <http://www.spain-recipes.com/stuffed-tomatoes.html#sthash.UVSwbD2R.dpuf>

Chicken Livers in Sherry

Ingredients for six people: ½ kg chicken livers; large onion finely chopped; 3 garlic cloves finely chopped; 4 tbsp olive oil; 1 tbsp of plain flour; 150ml of sherry; 1 tbsp tomato puree; 100 ml water; salt and freshly ground black pepper

Preparation:

Remove all the fat from the chicken livers and then cut them into bite size chunks.

Heat half the oil in a large frying pan and fry the onion and garlic until they are soft – this will take about 10 – 15 minutes. Remove the onion and garlic from the pan and save on a plate.

Add the rest of the oil to the frying pan and heat the oil over a high heat. Once the oil is hot add the chicken livers and keep the heat high to seal the livers and stop any of the juices from escaping. Cook the livers for about 5 or 10 minutes stirring often. Remove the livers and save on a plate.

Return the onion and garlic to the frying pan and sprinkle in the flour. Cook this while stirring constantly. Add the sherry and continue stirring, add about 100ml of water and the tomato puree and stir to mix this through. The texture of the sauce should be quite thick but still a sauce. Some of these quantities can be varied depending on how you like your sauces.

Return the livers to the frying pan, season well with salt and pepper and cook for about 5 or 10 minutes.

You could serve this as a tapa with crusty bread or as a main course with boiled potatoes.

For variations on this you could add a lot less flour or more water to have a runnier sauce, you could miss out the tomato puree altogether or you could miss out the flour and add more tomato. All of these options create lovely dishes.

EASY RECIPE FOR Roasted RED PEPPER AND EGGPLANT SALAD *(Escalibada)*

This delicious salad, Escalibada, is a Catalan dish and is one of the most popular cold tapas.

Ingredients: 4 red peppers; 3 eggplants; 2 large tomatoes; 1 large onion; salt and pepper; 4 medium-sized potatoes (optional); 6 spoonfuls of vinegar; 2 medium-sized glasses of olive oil
2 cloves of garlic; a pinch of cumin (optional).

Preparation: :

Heat the oven up to 180°. Wash and dry all the ingredients. Put the peppers, eggplants, tomatoes and onions (all whole) in an oven dish or on the oven tray. Put them in the oven. Wrap the potatoes up in foil and put them in the oven too. Leave for approximately one and a half hours to roast. Turn them over once.

When they are roasted, take the vegetables out and peel all of them (except the potatoes). Some people find it easier to peel red peppers by hand. It is important to peel them as soon as they are taken out of the oven - if they are left too long to cool, the skin may cling onto the peppers. Cut the tops off the eggplants and red peppers.

Remove the little pips from inside the red peppers, and cut the peppers and eggplants into long strips. Slice the onion and tomato. Keep all ingredients separate and add salt, pepper, a few drops of vinegar and a generous amount of olive oil.

Cut the baked potatoes, empty the skins, cut them up, add olive oil and salt and pepper. Put all the ingredients on a serving dish (don't mix them up - make individual portions of each vegetable). Sprinkle the chopped garlic over the whole dish, season with salt and pepper (and ground cumin or whole cumin seeds if you wish) and pour some more olive oil and vinegar over if required.

Garlic Mushrooms and Bacon

Ingredients: *24 medium white mushrooms; 200g bacon; 1 small onion, diced; 6 Garlic cloves, finely chopped; 50g butter, 1 tbsp freshly ground black pepper; salt, olive oil*

Preparation:

Peel and quarter the mushrooms, cut the bacon into thin strips and set aside.

Heat the butter in a large terracotta casserole and once melted add the onions and garlic – cook for 2 minutes over a medium heat ensuring the butter does not burn.

Next, toss in the mushrooms and bacon and mix well, add a drizzle of olive oil if required.

Season with salt and pepper and cook for further 8 – 10 minutes until the mushrooms are done to your liking.

Serve small portions in tapas bowls alongside fresh crusty bread.

Easy recipe for tomato and basil salad (*Ensalada de tomate y albahaca con queso fresco*)

Ingredients: *500 g tomatoes; 15 ml (1 tbsp) vinegar; 45 ml (3 tbsp) virgin olive oil; a large pinch of brown sugar; fresh basil; Salt; black pepper; White cheese*

Preparation:

Slice the tomatoes into thin slices and place on a serving dish. Dice the white cheese and sprinkle the pieces over the tomato.

Mix the olive oil, vinegar, salt, pepper and sugar well. Pour over the tomatoes and cheese.

Chop the fresh basil leaves, and sprinkle over the tomatoes.

Put the salad in the fridge until you are ready to serve it.

Recipe for marinated boquerones

Ingredients: 1 kilo of boquerones (fresh anchovies); 1 cup vinegar; 1/4 cup rock salt; slices of ginger; 1/2 cup olive oil; 1/4 cup finely chopped parsley; 1/4 cup vinegar; 2 tbsp. finely chopped garlic
1 tbsp whole black pepper corns; chopped hot peppers

Preparation:

Clean fish and marinate overnight in the vinegar, salt and ginger mixture. The following morning discard the liquid. Prepare all the other ingredients and add the fish.
Mix well and put in bottles. Leave refrigerated for at least 2 weeks before serving.

Chickpea salad

Ingredients: 1/2 kg chickpeas; hard boiled eggs; 4 red peppers (pimientos del piquillo); small bunch of spring onions; 1 small clove of garlic; 1 large tomato; fresh parsley; extra virgin olive oil; white wine vinegar; salt and pepper; 50g cured ham.

Preparation:

Drain and rinse the chickpeas (if using dried chickpeas soak overnight and then boil the next day in a pressure cooker for 10 mins or boil for 1 hour 10 mins in a pan)
Prepare the tomato by blanching it and removing the skin and pips following this cut it into small cubes and place in a bowl
Add the red peppers to the tomato (if you can't find the Spanish pimientos del piquillo you will need to roast the red peppers for about 20 mins and then remove the skin and cut into strips)
Cut the cured ham into small squares and add to the bowl. Dress with extra virgin olive oil and white wine vinegar over and season with salt and pepper
Add the chickpeas to the salad mixture
Garnish with fresh parsley and serve.

Recipe for marinated olives (Aceitunas aliñadas)

Ingredients: 1 kg of olives; a sprig of thyme; a sprig of oregano; 1 lemon; 5 cloves of garlic; 1 bay leaf; a piece of fennel; a teaspoon of peppercorns; 1 part of vinegar to 4 parts of water.

Preparation:

Split the olives using a hammer or a wooden spoon Put them in a bowl and cover with water. Change the water every day until the olives become less bitter. It should take between 5 and 7 days

Put all the other ingredients into one large jar or plastic container (or several small ones) which can be properly sealed. Add the olives. Leave for at least a month, so that the flavors can blend before starting to use them.

Fried Black Pudding

*Spanish **morcilla** - black pudding - is the first sausage to be made from the freshly killed pig and is very popular throughout Spain. It is flavored with spices and herbs, usually including garlic and oregano, and has a wonderfully rich, spicy taste.*

Ingredients: *1 tbsp olive oil; 1 onion, thinly sliced; 2 garlic cloves, thinly sliced; 1 teaspoon dried oregano; 1 teaspoon paprika; 8 oz morcilla (black pudding), cut into 12 thick slices; 12 slices of French bread; 2 tbsp fino sherry; sugar, to taste; salt and ground black pepper; chopped fresh oregano, to garnish.*

Preparation: *Heat the olive oil in a large frying pan and fry the sliced onion, garlic, oregano and paprika for 7-8 minutes until the onion is softened and has turned golden brown. Add the slices of black pudding, then increase the heat and cook them for 3 minutes, without stirring. Turn them over carefully with a spatula and cook for a further 3 minutes until crisp. Arrange the rounds of bread on a large serving plate and to each with a slice of black pudding. Stir the sherry into the onions and add a little sugar to taste. Heat, swirling the mixture around the pan until bubbling, then season with salt and black pepper. Spoon a little of the onion mixture on top of each slice of black pudding. Scatter the oregano over, and serve.*

Simmered squid

Ingredients: *1 tbsp olive oil, plus extra for drizzling; 1kg prepared squid and tentacles, cleaned and cut into thick rings; 2 onions, chopped; 3 cloves garlic, sliced pinch of chili flakes; 1 tsp fennel seed; 3 bay leaves; 1 tbsp rosemary, roughly chopped; pinch of sugar; 3 tbsp red wine vinegar; 400g can chopped tomatoes; large glass of red wine (about 200ml)*

To serve: *handful chopped coriander; ½ orange zest*

Preparation:

Heat the olive oil in a shallow saucepan or flameproof casserole and add the squid, onions and garlic. Add the dry ingredients and simmer until all the liquid has evaporated and the onions are tender, about 15 mins. Add the vinegar and chopped tomatoes, simmer for 1 min, then pour over the red wine and season. Simmer very gently on the lowest heat, stirring occasionally, for 1 hr or until the sauce is rich and the squid is really tender.

Turn off the heat, leave to cool slightly, then drizzle with a little more olive oil and scatter with the coriander and orange zest.

Artichoke and Asparagus in a Green Garlic Sauce

Ingredients: *8 medium fresh artichokes; 20 fresh, tender, green asparagus; 3/4 cup extra-virgin olive oil; 1 oz pistachio nuts, chopped; 1 egg white; 1 glass water; 4 tsp chives, chopped; 2 oz fresh bread crumbs; 2 garlic cloves, peeled and chopped; juice of 1/2 lemon; salt and white pepper*

Preparation:

To prepare the artichokes: in a large pan bring plenty of water to a boil with a little salt and some lemon juice. Remove all the outer leaves and inside filaments of the artichokes, leaving just the hearts. Cook until tender and let them cool in the water in the pan to avoid darkening of the flesh. To prepare the artichoke leaves, boil them in water and a little salt but avoid overcooking. Remove from the water and refresh under the cold tap.

To cook the asparagus, wash them well, then boil in plenty of lightly salted water until tender but still firm--al dente. Remove from the water and refresh immediately under the cold tap.

To prepare the sauce use an electric blender or food processor. First add the egg white, garlic, chives, pistachios, lemon juice, bread crumbs, half a glass of water, and a little salt and pepper. Blend for a while then, with the machine still running, add the olive oil little by little as if making mayonnaise. This sauce should have a medium consistency.

To serve, drain the artichoke hearts, slice and place on plates. Drape the asparagus over decoratively, and cover with the sauce. Garnish with cherry tomatoes and a few chives or endive leaves.

Catalan tomato bread with jamón serrano

Ingredients: *4 ripe tomatoes, grated; 1 garlic clove, finely chopped 3 tbsp olive oil; salt pepper; 20 slices of baguette; serrano ham slices for the baguette bread.*

Preparation: *Mix together the grated tomatoes, garlic glove, olive oil, salt and pepper. Keep in the fridge until needed.*

To serve, toast 20 slices of baguette. Spoon a little tomato topping on to each piece of toast. Tear enough slices of jamón serrano for the bread pieces so they can be put on top of each slice of bread.

(Advice: the bread should not be toasted in excess.)

Croquetas de bacalao (Cod croquettes)

Ingredients for the croquetas: *1 lb salt cod; 1 1/4 lb floury potatoes; 1 1/4 cups milk; 6 spring onions finely chopped; 2 tbsp olive oil; 2 tbsp chopped fresh parsley; Juice of 1/2 lemon; 2 eggs, beaten; Plain (all-purpose) flour, for dusting; 3 1/2 oz dried white breadcrumbs; Olive oil, for shallow frying; lemon wedges and salad leaves, to serve;*

For the allioli: *2 large garlic cloves, finely chopped; 2 egg yolks; 1 1/4 cups olive oil; juice of 1/2 lemon, to taste.*

Soak the salt cod in cold water for at least 24 hours, changing the water two or three times. The cod should swell as it rehydrates. Sample a tiny piece. It should not taste unpleasantly salty when fully rehydrated. Drain well and pat dry with kitchen paper. Cook the potatoes, unpeeled, in a pan of lightly salted boiling water for about 20 minutes, until tender. Drain. As soon as they are cool enough to handle, peel the potatoes, then mash with a fork or use a potato masher. Pour the milk into a pan, add half the spring onions and bring to a simmer. Add the soaked cod and poach very gently for 10-15 minutes, or until it flakes easily. Remove the cod and flake it with a fork into a bowl, discarding bones and skin. Add 4 tbsps of mashed potato to the cod and beat them together with a wooden spoon.

Work in the olive oil, then gradually add the remaining mashed potato. Beat in the remaining spring onions and the parsley. Season with lemon juice and pepper to taste - the mixture may also need a little salt but taste it before adding any. Add one egg to the mixture and beat it until thoroughly combined, then chill until firm. Shape the chilled fish mixture into 12-18 balls, then gently flatten into small round cakes. Coat each one in flour, then dip in the remaining beaten egg and coat with dried breadcrumbs. Chill until ready to fry. Meanwhile, make the allioli. Place the garlic and a good pinch of salt in a mortar and pound to a paste with a pestle. Using a small whisk or a wooden spoon, gradually work in the egg yolks.

Beat in about half the olive oil, a drop at a time. When the sauce is as thick as soft butter, beat in 1-2 tbsps lemon juice. Continue adding oil until the allioli is

very thick. Season to taste, adding more lemon juice if you wish. Heat about 3/4 inch oil in a large, heavy frying pan. Add the fritters and cook over a medium-high heat for about 4 minutes. Turn them over and cook for a further 4 minutes on the other side, until crisp and golden. Drain on kitchen paper, then serve with the allioli, lemon wedges and salad leaves.

Patatas bravas with chorizo

Ingredients: *1 tbsp olive oil; 1 onion, chopped; 2 garlic cloves, sliced; 1 red chili, chopped; pinch cayenne pepper; pinch smoked paprika; 400g can chopped tomatoes; 1kg new potatoes, halved or quartered; 250g small cooking chorizo*

Preparation:

Heat a little oil in a pan, fry the onion, garlic and chili until the onion softens, add the cayenne and paprika and stir. Add the tomatoes and bring to a simmer, then cook the whole mixture down for about 20 mins until you have a thick paste. Season well and, if you prefer a smooth sauce, blitz it with a hand blender.

Meanwhile, steam the potatoes for 10 mins and put the chorizo in a frying pan to slowly cook and release some of its oil. Tip off the excess red oil and add 1 tbsp olive oil. Add the potatoes and fry everything together, turning the heat up as you go so both the potatoes and chorizo brown in patches. Tip into a bowl. Season the sauce – if it isn't hot enough add a few more pinches of cayenne. Spoon the sauce over the potatoes and chorizo to serve.

Cheese, leek & potato tortilla

Ingredients: *butter, for frying; 1 leek, thinly sliced; 225g potatoes, previously fried in olive oil and drained (about 1 to 2 medium size ones); 6 eggs; 85g cheddar; 1 tbsp sage, finely chopped (or 1 tsp dried sage), optional*

Preparation:

Melt a knob of butter in a medium, nonstick frying pan, then cook the leek for about 5 mins until softened. Meanwhile, cut the potatoes in half, then into slices about ½cm thick. Beat the eggs, season, then stir in the cheese and sage.

Add a little extra butter to the pan if needed, tip in the potatoes, then the egg mixture. Turn the heat to low, then cook for 10 mins until nearly set. Place under a hot grill, then cook for a couple of mins more until the top is set and golden. Slice into wedges and serve with a green salad.

Calamares a la Romana

(Squid rings fried in batter)

Ingredients: 6 heaped tbsp of plain flour; sunflower oil for deep frying; lemons cut into wedges; salt and pepper.

Preparation:

If you are using whole squid start by cleaning it. Hold the body in one hand and the head in the other and gently pull them apart. Throw the entrails away. Pull out the spine which runs the length of the body and wash the squid well. Cut the body into rings about 1.5-2cm wide. Slice the wings into strips and cut the tentacles from the head and discard the heads. Put the squid in a bowl with 4 lemon wedges – don't squeeze the juice from the wedges – and leave to marinate in the fridge for 1 or 2 hours.

In a deep bowl combine the flour, salt and pepper. Don't be tempted to leave the salt out as it is a very important ingredient. There won't be much flavor without it. You could add 1 teaspoon of paprika if you would like a smoky taste but I don't think it is really necessary. Leave this mixture to the side.

When you are ready to cook pour the sunflower oil into your deep fat fryer or a deep saucepan on a medium heat until it is smoking hot. It is very important that the oil is very, very hot. Dip the squid in the bowl of seasoned flour making sure they are coated thoroughly.

Once the oil is hot drop a large handful of squid into it and fry for about 1 minute until it is golden brown. Remove the squid from the oil using a slotted spoon and drain on kitchen paper. Fry the remaining squid in the same way but make sure the oil is still very hot. Be careful not to add too much of the squid to the fryer at one time as this will cause the oil to cool too much and the flour will absorb too much of the oil. A variation includes to deep the squids in beaten eggs after they have been floured. Have a try to find the best option.

Warm chickpea, chorizo & pepper salad

Ingredients: 200g sausage; 1 tbsp olive oil; 410g can chickpeas, drained and rinsed; 250g jar roasted mixed peppers, drained and roughly chopped; handful coriander leaves, chopped; 2 tbsp natural yogurt

Preparation: Cut the chorizo into 3cm thick slices. Heat the oil in a large frying pan over a high heat. Cook the chorizo for 4-5 minutes, turning occasionally until the edges start to crisp and it has released its red oil.

Tip the chickpeas into the pan and cook for a couple of minutes until hot. Add the peppers and cook for a few minutes until everything's juicy. Remove from

the heat, stir in the coriander, ladle into two bowls and top each with a spoonful of yogurt.

Gambas a la plancha (Grilled prawns)

Ingredients: *1/2 cup olive oil; juice of 1 lemon; 2 teaspoons sea salt; 24 medium-large shrimp (about 1 pound) in the shell with heads intact.*

Preparation:

In a bowl, whisk together the olive oil, lemon juice, and salt until well blended. Dip the shrimp briefly into the mixture to coat lightly. Heat a dry skillet over high heat. When the pan is very hot, working in batches, add the shrimp in a single layer without crowding. Sear for 1 minute. Decrease the heat to medium and continue cooking for 1 minute longer. Turn the shrimp, increase the heat to high, and sear for 2 more minutes, or until golden. Keep the shrimp warm on an ovenproof platter in a low oven. Cook the rest of the shrimp in the same way. When all the shrimps are cooked, serve them on a platter and consume immediately as quality diminishes if they are eaten cold.

Recipe for Salmon salad

Ingredients: *400g fresh salmon (cleaned); 2 tbsp extra virgin olive oil; juice of 1 lemon; salt and pepper; white wine vinegar; mix of lettuce leaves*

Preparation:

*Marinate the salmon in the olive oil and lemon juice for 2 - 3 hours
Wash the lettuce leaves and place on a large round plate
Remove the salmon from the marinade and cut into thin strips (about 2cms)
place on a baking tray with a knob of butter spread on it to prevent sticking
Place the baking tray under the grill for a few seconds turning the salmon once so that it's done on both sides
Place the strips of salmon on top of the lettuce leaves and pour some of the marinade onto it adding a few drops of white wine vinegar.*

Recipe for leek vinaigrette

Ingredients: *6 medium leeks; white wine vinegar; 1 tsp Dijon mustard; 175ml of olive oil; 2 shallots; salt and pepper*

Preparation:

*Cut both ends off the leeks then peel and wash them thoroughly
Tie the leeks together (in two bunches of 3) and put them in a pan of boiling water for 20 mins checking that they are soft before removing from the heat*

*Rinse the leeks in cold water and dry them before cutting into 7cm lengths
Prepare the vinaigrette by mixing 3 tbsp of white wine vinegar, 1 tsp mustard
and the olive oil - season with salt and pepper
Chop the shallots finely and add them to the vinaigrette mixing all ingredients
well
Arrange the pieces of leek in a serving dish and pour the vinaigrette over them
Leave in the fridge for 1 hour before serving.*

Serrano Ham Stuffed Mushrooms

Ingredients: *3 slices of thick (around 3mm) serrano ham (diced); 1 generous splash of extra-virgin olive oil; 3 cloves of garlic (minced); parsley (minced); 12 to 14 medium white mushrooms.*

Preparation:

*Mix together the ham, parsley, garlic and olive oil.
Remove stalks from mushrooms.
Fill mushroom cap with the ingredients.
Place on a baking tray and cook on a high heat in the oven for 15 – 20 minutes.*

Mushrooms fried in garlic and oil (al ajillo)

Ingredients: *1/4 cup (2 fl. oz) olive oil; 4 cups (8 oz) mushrooms, wiped clean and quartered; 6 cloves garlic, minced; 3 tbsp dry sherry; 2 tbsp lemon juice; 1/2 teaspoon dried red chili, seeded and crumbled (optional); 1/4 teaspoon Spanish paprika (optional); salt and pepper, to taste; 2 tbsp chopped parsley.*

Preparation:

Heat the oil in a skillet and sauté the mushrooms over high heat for about 2 minutes, stirring constantly. Lower the heat to medium and add the garlic, sherry, lemon juice, dried chili, paprika, and salt and pepper. Cook for about 5 minutes or until the garlic and mushrooms have softened. Remove from the heat, sprinkle with chopped parsley, and serve on small earthenware platters.

Rice-Stuffed Peppers

Ingredients: *1 lb 2 oz short-grained Spanish Rice, such as "Bomba" or "Calasparra" type; 2-3 tbsp olive oil; 4 large red peppers; 1 small red pepper, chopped; 1/2 onion, chopped; 1/2 tomato, skinned and chopped; 5 oz minced chopped pork; saffron; chopped fresh parsley; salt.*

Preparation Cut off the stem ends of the peppers, keeping them as lids to replace later, and scrape out the inner membranes with a teaspoon. Heat the oil, sauté the red pepper slowly until it is tender and remove. Fry the onion until tender, add the meat and brown it lightly, adding the tomato after a few minutes, then put back the cooked pepper, and stir in the raw rice, saffron and parsley. Salt to taste. Fill the peppers carefully and lay them on their side in an ovenproof dish, being careful the filling doesn't fall out (you can wrap them in tinfoil to help hold them together). Cover the dish and put it in a hot oven for about 1 1/2 hours. The rice cooks in the juices from the tomato and pepper. If the peppers are thin-skinned, you may need to add a little stock towards the end of the cooking time.

Cod in Tomato Sauce

Ingredients for 4 people: 400 - 600g salt cod; 1 medium onion, finely chopped; 2 cloves of garlic, finely chopped; 1 green pepper, chopped; 3 ripe tomatoes, medium sized, peeled and chopped; oregano (optional); parsley; soup spoons of olive oil; salt; flour.

Preparation:

If you are using salt cod remember to soak it for at least 24 hours in advance and change the water about every 8 hours. Drain it well and dry on kitchen towels before following this recipe.

The first thing to do is make the tomato sauce. To do this heat the olive oil in a large frying pan and add the onion and green pepper and fry gently until the onion is almost transparent. Then add the finely chopped garlic and continue frying gently for a few minutes more. Add the chopped tomatoes and the oregano to the frying pan, stir the mix then cover and leave to cook on a slow heat for about 10 minutes. Zap this mix in a food blender then return it to the frying pan.

You now have 2 options with the cod one of which is healthier than the other. If you want the healthy option simply cut the cod into chunks, add it to the sauce and simmer for about 10 or 15 minutes.

For the slightly less healthy option cut the cod into chunks, coat it in flour and fry it in a reasonable amount of olive oil until it goes a golden brown color. Then put it in the tomato sauce and simmer for 5 or 10 minutes.

You may need to add some water to the sauce and you should taste it and season if necessary.

Serve with some boiled potatoes and vegetables and perhaps a little crusty bread.

Boquerones Fritos Recipe (Fried fresh anchovies)

Ingredients: 250g of fresh anchovies; 6 heaped tbsp of plain flour; sunflower oil for deep frying; 2 lemons cut into wedges; salt and pepper:

The first thing you will have to do is remove the heads and guts from the fish.

This is quite easy as they are so small to begin with.

Combine the flour, salt and pepper in a deep bowl. Don't be tempted to leave the salt out as it is a very important ingredient. There won't be much flavor without it.

Pour the sunflower oil into your deep fat fryer or a deep saucepan on a medium heat until it is smoking hot. It is very important that the oil is very, very hot. Dip the whitebait in the bowl of seasoned flour making sure they are coated thoroughly.

Once the oil is hot drop a large handful of fish into it and fry for about 1 minute until it is golden brown. Remove the fish from the oil using a slotted spoon and drain on kitchen paper. Fry the remaining fish in the same way but make sure the oil is still very hot. You may need to do this in small batches depending on the size of fryer you are using.

Be careful not to add too much of the fish to the fryer at one time as this will cause the oil to cool too much and the flour will absorb too much of the oil.

Serve with lemon wedges on the side.

Carlos *Mirasierras*

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