Carlos Mirasierras

Gastronomy & Recipes

Stews and Ragouts in General by Carlos Mirasierras

Beef Stew with Beans and Potatoes.....Code01

Ingredients:

600 g beef shank (deboned)
100 gr. Small dried beans
1 onion
3 leeks
1 green pepper
2 carrots
3 cloves of garlic
2 potatoes
2 tablespoons flour
1 glass of red wine
water

olive oil
salt
pepper
1 sprig rosemary
chopped parsley

Preparation:

Put the beans to soak in water the night before. Next, drain them and reserve.
Salt and pepper the meat pieces, dredge them in flour, fry in a little oil, and reserve on some paper towels to drain the excess oil.

Chop the garlic, onions, leeks, green pepper and carrots and sauté it all in a pressure cooker (PC) with a little oil. Seasons, and when the veggies are poached, add in the wine and give it all a boil. Stir in the meat, beans with their soaking water, the rosemary branch and 15-20 peppercorns. Lock the lid of the PC and cook for 15 minutes when you see the steam coming out.. After this time and when the steam has ceased to come out, open the PC, remove the sprig of rosemary, and reserve.
Peel the potatoes, cut them into large dice, fry them in a little oil, and drain the excess of oil on some paper towels. Add the potatoes to the PC, sprinkle a little chopped parsley, give it a boil to blend flavors and serve.

Mushroom, potatoes and chorizo stew.....Code02

Ingredients for 2 people:

1 chorizo
250 g mushrooms
2 potatoes
1 spring onion
2 cloves of garlic

1 tip of chili
2 egg yolks
1 glass of white wine
1 liter of vegetable broth
water
olive oil
salt
pepper
chopped parsley

Preparation:

Cut the chorizo into slices and put them to boil in a saucepan with water in order to reduce its fat content. Drain and set aside.
Crush some garlic cloves and brown them in a splash of oil. Peel the potatoes, cut them into cubes and add them to the pan. Add the chopped onion and fry well. Stir in the mushrooms, cut into quarters. Salt and pepper and add a touch of chili.
When the vegetables begin to soften, moisten with wine and let it evaporate. Season with chopped parsley. Stir in the chorizo slices and fry it all. Pour in the vegetable stock and let it simmer for 15-20 minutes. Add egg yolks and stir well. Add a little chopped parsley and serve.

Braised Turkey Drumsticks with sautéed Melon.....Code03

Ingredients for 4 people:

4 turkey drumsticks
1/2 k. melon
1 onion
2 leeks

2 carrots
1 green pepper
1 tomato
1 glass of red wine
water
olive oil
salt
black pepper
parsley

Preparation:

Clean and chop the leeks, carrots , green pepper and onion. Put everything in a large fry pan with a little oil . Let it cook on medium heat until the vegetables are poached. Add the diced tomatoes and go on simmering.
Salt and pepper the turkey drumsticks and brown them in a pan with a little oil. Add the drumsticks to the vegetables; pour in the red wine and a splash of water, and cook for 30 minutes.
Remove the drumsticks and process the sauce with a electric mixer. Strain the sauce, return it to the pan and reduce the sauce for 8-10 minutes, and add again the turkey thighs .
Cut out small balls of melon, or cut it into dice, and sauté the melon pieces in a little oil. Serve the drumstick accompanied by the melon balls/dice, and dress the turkey meat with some of the cooking sauce. Finally, garnish with a sprig of parsley.

Advice:
To check the ripening of melons press both ends of the piece and if it gives, then it is ripe.

Braised Chicken with Mushrooms and Potatoes.....Code04

Ingredients for 4 people:

1 chicken cut into eighths
200 gr. mushrooms
2 potatoes
8 cloves garlic
1 tablespoon flour
a little piece of red chili
1 bottle of white wine
water
olive oil
salt
pepper
parsley

Preparation:

Peel the garlic cloves and put them whole in the pot with a splash of oil. Before the garlic browns, salt & pepper the chicken and add the chili. Add in flour and fry briefly. Cover with the wine and a little water. Add in a pinch of salt, cover the pot and cook for 20 minutes.

Peel the potatoes, cut them and fry them in a pan with oil. Remove them from the pan when they start browning and drain them on paper towels. Clean the mushrooms, cut the stems, rinse under running water, dry them, and sauté them in the same oil (but before, remove some of oil), sprinkle some salt & pepper. Next, add in the potatoes and mushrooms and let it all cook for about 5-8 minutes.

Serve with some finely chopped parsley sprinkled on the preparation.

Beef brisket stew.....*Code05*

Ingredients:

1 kg beef brisket
3 potatoes
2 onions, chopped
1 apple
3 garlic cloves
3 chorizo peppers (they can be substituted by a 2 tsp of paprika)
1 glass of red wine
water
some olive oil
salt
pepper
1 bay leaf
3 cloves
chopped parsley

Preparation:

Put the chorizo peppers to soak in warm water (make some holes to allow water to get inside them). After some hours open them with a knife and scrape off the meat with a tablespoon and reserve.
Put the garlic cloves to fry, whole, together with the onions in a pressure cooker (PC) with a little oil. Stir in the apple, peeled and cut into cubes, and continue cooking it all.

Cut the meat into pieces, salt & pepper and brown in a pan with a little hot oil. Once the meat is brown add it to the PC. Pour the wine in the same pan, together with the bay leaf and cloves, bring to a boil and add it to the stew. Pour a splash of water, the meat of the chorizo peppers (or the 2 tsp of paprika), stir and cook in the pressure cooker for 15 minutes from the moment you see the steam coming out. Some potatoes, cut into dice or into small balls and fried in oil can be added to the stew.

Stewed potatoes with roast rib.....Code06

Ingredients:

1 kilo marinated pork spare ribs
4 potatoes, cut into 1-inch dice
1 onion
1 red bell pepper
2 tomatoes, chopped
3 garlic cloves
2 carrots
1 liter of white wine
water
olive oil
salt
a few black peppercorns

Preparation:

Put the ribs on a baking sheet, add salt and a little oil and insert place in the oven. When it begins to brown, add half of the white wine. Bake at 180ºC-356ºF for about 40 minutes.

Chop the onion, carrot and pepper and put them to fry in a pan with oil, two garlic cloves (whole) and a pinch of salt. When the veggies are poached, add the chopped tomatoes, fry and add the potatoes. Sauté it all and pour the other half of wine and a splash of water and let it reduce on a low heat. Add some salt and black peppercorns . Let simmer for about 20 minutes.

Once it is cooked, remove the fat from the surface with a spoon. If the cooking sauce is too liquid it can be thickened with a few potato cubes mashed with a fork and dissolved into the sauce. Remove the rib flesh from the bone and serve. .

Beef stew with vegetables.....Code07

Ingredients:

3/4 pounds of beef, diced
250 g of peas
4 potatoes, not small
3 carrots, cut into small dice
3 ripe tomatoes, finely chopped or grated
1 onion, grated
50 g of Serrano ham, diced
100 ml of red wine
some cloves
1-2 laurel leaves
salt and pepper
olive oil
some flour

Preparation:

Fry the onion and carrots in a little oil. Add the meat, previously salted, peppered and floured. Fry it all for a few mins, add some water and let it simmer for about 20 minutes on a low heat.
Add in the Serrano ham, the tomatoes, bay leaf, cloves and let it cook all together for a few minutes.
Then add the wine, cover with some more water and let it simmer, over low heat, until the meat begins to be tender (30 mins).
Next, add in the potatoes and peas, and simmer for 20 mins. Adjust the seasoning before serving.

Lamb stew with potatoes.....Code08

Ingredients for 4 people:

1 shoulder of lamb with rib section

2 potatoes
1 onion
2 green peppers
2 carrots
4 garlic cloves
1 slice of bread
some flour
1 glass of white wine
water
extra virgin olive oil
salt
pepper
1 bay leaf
some sprigs of thyme
cayenne
parsley

Preparation:

Put some oil to warm up, add the slice of bread and fry. Chop the flesh salt and pepper, dredge in flour and fry it in the pan. When browned, remove and reserve everything. Finely chop the garlic, onion, peppers and carrots. Put them to fry in the pan where the lamb and bread were browned, and add some salt.
Add the paprika and the meat. Stir in the herbs and pour in the white wine, let simmer for a few mins, cover with water and cook for 30 minutes over medium heat. Cover with a lid.
Peel the potatoes, cut into cubes and fry in a pan with oil. At the last moment add a few sprigs of parsley. Season and drain. Add the potatoes to the pan, mix and serve lamb stew. The bread, and the flour used to dredge the meat will thicken the stew sauce during the cooking process.

Lamb stew with tomato..... Code09

Ingredients for 4-6 people:

Two lamb legs
1 lamb liver
30 gr. almonds
2 onions
2 tomatoes, peeled and chopped
1 green pepper
4 garlic cloves
1 liter white wine
olive oil
salt
black pepper
thyme
rosemary
laurel
paprika
parsley (for garnish)

Preparation:

Peel and dice the 4 cloves of garlic and brown them in a little oil. Peel and chop the onions and add them to the garlic cloves. Chop the green pepper, add it in and season. Now, add in the tomatoes. Chop the meat, salt and pepper, roll it in flour and fry the pieces in a pan with a splash of oil. Once fried, place on paper towel to remove excess of fat. Stir the lamb meat into the vegetables, together with a sprig of thyme, and some rosemary, 2 bay leaves and some black peppercorns (10-15). Simmer for 20-25 minutes.
Cut the liver into small cubes and brown in a pan with a little oil. Process it in the mixer together with the almonds and two ladles of sauce stew. Next, add it to the stew. Cook over low heat for 3-4 minutes.

Stewed Meat with Potatoes.....Code10

Ingredients for 4-6 people:

1 kg of beef stew meat
4 potatoes
2 tomatoes, peeled and chopped
2 carrots
2 onions
4 cloves of garlic
2 tbsp flour
1 glass of manzanilla sherry wine
2 cups of beef broth
extra virgin olive oil
salt
pepper
chopped parsley
3 bay leaves
1 sprig of rosemary
vinaigrette

Preparation:

Cut the meat into cubes, salt & pepper, dredge in flour and brown them in a pan with a drizzle of olive oil. Remove and reserve.
Chop the onions and the garlic cloves and put them to fry in a pan with a little oil. Cut the carrots into cylinders and add them in. Add the bay leaves and fry together with the tomatoes for some mins.
Put the vegetables and the meat into a pressure cooker. Add a sprig of rosemary and pour the wine in. Allow the alcohol to evaporate and cover with broth. Salt and pepper . Cover and cook it all for 20-25 minutes once the steam starts to come out. Taste for salt.
Peel the potatoes, cut them into chunks and fry in a pan with hot oil. Drain the oil and add them to the PC. . Cook for 10 minutes (with no lid on) and let it sit for some time before serving. It is much better to cook stews one day in advance.

Hake cooked with Almonds and Potatoes.....Code11

Ingredients:

Mineral water
1 medium-sized hake
1 spring onion
2 cloves garlic
3 tomatoes, grated
2 large potatoes
50 g. raw almonds, peeled
2 slices of bread
Sweet paprika and parsley
Extra virgin olive oil, salt and pepper

Preparation:

Chop the onion and start to sauté it with one sliced garlic. Add in one tsp of paprika and the tomatoes.
Add the potatoes, peeled and cut into small wedges into the veggies.
Add a little chopped parsley, cover with water, and salt. Cook over medium heat.
Fry the chopped almonds and one of the garlic cloves in olive oil until toasted. Then, reserve in a jar, and fry two slices of bread without crust until brown in the same oil, and reserve in the same jar. Pour some of the stew broth in the jar and whisk to get a fine paste.
Now, mix this paste with potatoes of the stew.
Cut the hake into thick slices and add them to the stew once the potatoes are nearly tender, and let it simmer 5 mins.

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Stewed Hake.....Code11

Ingredients:

4 hake slices
A handful of prawns (optional).
Some potatoes cut into chunks.
Peas, another handful.
1 onion.
Oil.
1 clove of garlic.
paprika

Preparation:

Sauté the garlic and onion until the latter begins to be transparent. Add in the potatoes and fry a little. Salt & pepper, and sprinkle some paprika, and finally add the peas. Cover it all with water (or better fish stock). When the potatoes are nearly tender, add in the hake slices, previously salted. When hake is nearly cooked, stir in the prawns, previously peeled, and deveined.
This dish can be prepared with any white fish and prawns can be substituted for mussels or clams.

Octopus stew with potatoes and rice..... Code12

Ingredients for 6-8 people:

1 octopus of one kg.
300 gr. rice
3 potatoes
1 onion
3 cloves of garlic
1 green pepper
water
Olive oil

salt
Pepper to taste
parsley

Preparation:

Boil the octopus in a pressure cooker with a glass of water and a pinch of salt. Cover and cook for 5 minutes once you see the steam coming. Once boiled, set aside on a plate.
Chop the garlic, onion, green pepper, and poach it all in a pan with a little oil and a pinch of salt. Add pepper to taste and then the rice. Stir in the chopped potatoes, and add in the broth where the octopus was boiled. Cook over gentle heat for 20 minutes. Cut the octopus into pieces and incorporate it into the pan. Let it all simmer for a couple of minutes. Serve the stew in a bowl and garnish with chopped parsley.

Octopus Stew with Potatoes and Vegetables……*Code13*

Ingredients:

1 octopus, frozen of about 1K
4 medium potatoes
1/2 onion
1 ripe tomato
1 green pepper
½ red pepper
1 glass of white wine

1 tablespoon paprika
1 tablespoon flour
olive oil
Garlic, parsley and salt

Preparation:

Defrost the octopus by leaving it in the coolest part of the refrigerator. Wash it, and put it the pressure cooker (PC) with very little water, and no salt. Then, let it cook for ten mins (for 1 kilo of octopus) once the steam starts to come out. Open the PC to check that it is tender, otherwise, cook it a little more. We'll see that the octopus has released a lot of water/broth that will be used later. Chop the devilfish into dice and reserve.

Meanwhile, fry the onions and peppers for a few minutes, add the tomatoes peeled and chopped, stir it all to get an homogeneous mixture, and add the tbsp of flour. Cook for a few minutes and add in the paprika, continue stirring and then add the white wine and a glass of the octopus broth. Let boil 5 minutes to allow the alcohol to evaporate and add the octopus and potatoes. Mash the garlic and the parsley in a mortar and add it to the stew; cook for another 5 minutes so that flavors combine

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Stewed Beans with Bacon.....Code14

Ingredients:

300 g of broad beans
150 g of Serrano ham
1 tomato, peeled, and chopped
1 spring onion
1 clove of garlic
2 potatoes, cut into cubes

2 eggs
olive oil
salt

Preparation:

Chop the onion and garlic, and poach both in a pressure cooker (PC) with a splash of oil. Next, add the tomato to the PC, and let it all simmer for a few mins. Next add in the Serrano ham, cut into cubes, the potatoes and beans. Season and cover with water. Let it all cook for 15 minutes once the steam starts coming out.
Boil the eggs with a pinch of salt for 10-12 minutes. Let them cool, peel and cut into slices.
Serve the broad beans together with the egg slices.

Stewed beans and pig ear..... Code15

Ingredients for 6 people:

300 gr. red beans (soaked in water the night before)
1 pig's ear
2 leeks
1 carrot
3 cloves of garlic
1 spring onion
300 ml. Ketchup
3 slices of bread
water
olive oil
1 bay leaf
salt
cayenne
parsley

Preparation:

Chop the garlic, carrots, onions and leeks. Put them to fry in a saucepan with oil until it is all well poached. Salt & pepper, add in a little paprika but off the heat to avoid it gets burned. Stir in the tomato sauce and mix well. Drain the beans and put them in the pressure cooker (PC) . Add the bay leaf, a pinch of salt and the pig's ear. Cover with water, lock the PC with the lid on, cook everything for 10 minutes from the moment the teams starts coming out.
Remove the beans and the ear from the PC and strain the broth. Stir the beans and the chopped pig's ear into the saucepan with the vegetables and the tomato sauce . Pour 1-2 glasses of broth (depending on desired thickness) and cook it all for 8 minutes over low heat.
Cut the bread into cubes and fry in a pan with a splash of oil. When golden brown, drain the oil and sprinkle it with chopped parsley. Serve the stew with fried bread croutons . Council : It is recommendable to cook the vegetables in a pressure cooker to shorten the cooking time and preserve their nutritional value.

Canary Island Stew..... Code16

Ingredients for 8 people:

250 gr. chickpeas (soaked in water the previous night)
1 chicken thigh
1/4 kg. of beef stew meat
100 gr. chorizo
100 gr. noodles No. 4
2 potatoes
1 spring onion
1 tomato
5 cloves of garlic
water
olive oil

salt
1 teaspoon paprika
1 teaspoon oregano
few strands of saffron
parsley

Preparation:

Put the all meats (chicken, beef and sausage) in a pressure cooker (PC), cover with water, season and bring to a boil (with no lid on). When boiling, remove the scum add the chickpeas. Cover with the and lock the lid and cook for around 30-35 minutes (once the steam starts to come out).

Peel and chop the garlic and onion and put them to fry in a pan. When both ingredients have taken on some color, add the tomatoes (peeled and chopped) and poach for a few mins. Season, add in the paprika, oregano and some saffron. Mix well.
Remove the meats from the PC, cut them into smaller pieces, and set aside. Add the vegetables to the pot and mix well. Peel the potatoes, cut them into cubes, and add them to the PC along with the noodles. Cover and cook everything for about 5-7 minutes. Open again the PC and stir in the meat, mix well and sprinkle with chopped parsley.

Stewed Lentils.....Code17

Ingredients for 4 people:

Chorizo
Asturian Sausage (blood sausage)
streaky bacon
Lentils, a glass measure per person

1/2 green pepper
1 carrot, peeled and cut into slices
1 clove garlic, unpeeled
1 big potato, peeled and cut into cubes
A small onion cut into two or three pieces
salt

Preparation:

Put the lentils (previously washed to remove dust) into a pot together with the potato cubes the 1/2 green pepper cut into strips, the carrot, garlic and the meats cut into cubes of about two inches, to render a piece of each meat type per person. Other types of pork meats can be used (spare ribs, cut into 2-inch pieces, etc.). Add in some water to cover the ingredients about 2 inches above them; add in a pinch of salt (bearing in mind the salt content in the chorizo, blood sausage, bacon, etc. Let simmer for about 45 minutes, taking care lentils don't stick.

If the cooking liquid of lentils reduces too much you can add in cold water; hot water is only used for chickpeas. Once they're cooked, let them sit for 10 mins before serving.

Murcia Stew..... Code18

Ingredients for the stew:

A knuckle of veal
1/2 turkey (about a kilo)
250 g chickpeas
1 carrot
1 chorizo, about 100 g
1 small cabbage
100 g lean bacon
1 turnip
1k small potatoes

Ingredients for the meat ball:

100 g of bacon
200g of chicken breast and turkey craw
1 turkey liver
chicken/turkey blood
100 g pork meat
an egg
an egg white
some pine kernels
garlic

A piece of pumpkin
some celery
white thistle
Some green beans
100 g of noodles
saffron (mashed in a mortar)
pepper
nutmeg
parsley

Preparation of the meat balls:
Soak the bread in some water to get a soft mass; then drain the water.
Ground, the kidney, pork, bacon, turkey , garlic and parsley.
Make a mass with all the ground meats and the egg, bread crumbs, milk and kernels, salt and nutmeg.

Preparation:

Put the chickpeas, knuckle, turkey, bacon, salt and turnip in a pot with 3 liters of water.

These ingredients must be cooking over low heat for one hour. After this time add in the carrots, cabbage, beans, celery and white thistle; half an hour later, add in the potatoes, chorizo, chopped pumpkin and saffron.

Fifteen minutes later add the balls (meatballs), taking care they don't break up into small pieces, and cook until the potatoes are done.

Separate the ingredients from broth. Put the broth in a saucepan, stir in two cloves of minced garlic and some parsley.
Let it boil for about 10 minutes, and add in the noodles. .
When the soup is already done it can be served as a first course, followed by the meats, potatoes, chickpeas, etc.
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Asturian bean stew recipe.....Code19

Ingredients for 4 people:

500 g lacon (shoulder of pork, which is a part of the front leg of the pig that goes from the knuckle to the hoof; it is cooked or cured and salted like the serrano ham) .
150 g Asturian bacon
500 g beans
½ cabbage
2 Asturian chorizos
2 blood sausages
500 g potatoes, peeled and cut into big cubes
3 cloves garlic
1 olive oil
salt

Preparation:

Wash the lacon and soak it in water overnight to desalt it. Also, soak the beans in water the night before so they soften. Next day, put the beans, the chorizo, black pudding, bacon, lacon (pork shoulder) and garlic in a pot with water to cook (the amount of water must cover the ingredients 2 inches above them)

Remove the scum from time to time and let it all simmer for 2 hours. Wash the cabbage and cut the leaves into smaller pieces, and put them to boil in salted water. Add the potatoes to the beans and continue simmering for 20 mins. Once the cabbage leaves are soft they can be added to the stew (check first if the beans are close to doneness). Some of the cooking liquid of the cabbage leaves can be added to the stew, and wait until the beans are thoroughly cooked. Let the stew sit for 5 mins before serving, and add salt to taste .

Lamb Stew..... Code20

Ingredients for 6 people:

1 lamb leg of about 1.1/2 kilo
6 small potatoes
1 ripe tomatoes
6 small onions
1 garlic bulb
6 black peppercorns
1 clove (spice)
2 bay leaves
1 medium glass of red wine
1 medium glass of olive oil
1/2 cup water
1 ounce of dark chocolate (optional; this is, of course, sugar-free chocolate. In olden times, it was used as a thickener)
salt

***Preparation**:*

Step 1: Heat some olive oil in a pan and start frying the meat, whole onions (peeled) the garlic bulb (with a circular cut around it to avoid oil spitting). Remove the ingredients, and set aside, as they start taking on a brown color.
Step 2: Add all the fried ingredients to a pot together with the water and wine
Step 3: Fry the potatoes in the same oil used before, and once fried stir them in the casserole with the rest of ingredients.
Step 4: Now, fry the tomatoes (whole) in the same oil used so far, and stir it all into the casserole (tomato and oil).
Step 5: Now, add in the cloves, pepper, bay leaf, salt (and chocolate if you opt for it). let it simmer until the meat is tender. If the cooking sauce gets too dry, add in some a little more water and wine.

Chickpea Stew..... Code21

Ingredients for 4 people:

½ kg of chickpeas (soaked in lukewarm and salted water the night before)
¼ kg of spinach
150 g carrots
2 onions
1 tomato
2 hardboiled eggs
1 dl of olive oil
garlic
laurel
pepper
parsley
salt

Preparation:

Step 1: Start cooking the chickpeas (soaked the previous night in warm water and salt).
Step 2: Add in, when the water start to boil, a little oil, the carrot, an onion, the bay leaf, two cloves of garlic and some parsley. Cook until the chickpeas are tender.
Step 3: Clean and cook, in another pan, the spinach leaves until they're done. Drain them, chop and add them to the beans.
Step 4: Remove the onion, carrot, and a spoonful of chickpeas and process in a mixer; the resulting purée will be added to the stew.
Step 5: In a pan fry some chopped onion, garlic, a sprig of parsley, a little pepper and tomato. When it's done, dissolve this sofrito in some broth and add it to the stew.

Meatballs with Peas and Cuttlefish..... Code22

Ingredients for 4 people:

100 gr. pork meat
300 g. beef meat.
600 g. cuttlefish.
1/4 kr. ripe tomatoes.
1 onion.
1 clove garlic.
1 egg.
1 slice of bread.
green peas
olive oil.
100 g. flour.
1/4 red wine.
1/4 l of vegetable broth.
2 tsp parsley.
toast.
cinnamon
salt

Preparation:

Step 1: To make the meatballs, first mix the meat, garlic and chopped parsley, a slice of bread (previously soaked in milk and drained), beaten egg , salt and pepper and a little cinnamon. Knead it all well with your fingers to make a dough .
Step 2: Next, meatballs can be made with the help of two tablespoons to avoid getting your hands muddied with minced meat. Later, dredge the balls in flour, fry them to a slightly brown color. Set aside.
Step 3: Fry the finely chopped onion in the same oil
Step 4 : Meanwhile, clean and chop the cuttlefish and boil it in red wine for 15 mins, and set aside.
Step 5: When the onion begins to brow , add the wine used before and reduce.
Step 6 : Add in a tbsp of flour to allow the thickening of the sauce; then, stir in the tomatoes (grated) , broth and herbs. Boil everything for 15 minutes.
Step 7 : Sift the sauce and put it back into the casserole. Simmer for 30 minutes over low heat.
Step 8: Add in the peas halfway through cooking time.

Fricassée of Lamb.....Code23

Ingredients for 4 people:

500 g of chopped lamb
100 g wild mushrooms
2 onions
1 potato
6 cloves garlic
6 green asparagus tips
1 glass of white wine
2 l of water
olive oil
salt
pepper
1 sprig rosemary
chopped parsley

Preparation:

Chop the garlic and brown in a little olive oil. Add a sprig of rosemary and let it infuse. Salt and pepper the lamb and stir it into the pan to let it brown a bit. Once brown, add in some finely chopped onion and let it cook for about 5-10 minutes.
Add a little chopped garlic and as well as the wild mushrooms, whole. Fry it all a for a few mins, salt and pepper and pour in a glass of white wine. Let reduce the resulting sauce. Add chopped parsley, cover with water and season. Cover the pan with a lid and let it cook for about 1 hour.
Chop the green asparagus tips into not too small pieces, stir into the pan and let them cook for 2 minutes.
Cut the potatoes into cubes and fry in sole virgin olive oil. Once fried, add them to the lamb and serve.

Rib Casserole with Thistle.....Code24

***Ingredients for 4-6 people**:*

1 thistle
1/2 kg. pork spare ribs
2 potatoes
4 cloves of garlic
2 tablespoons flour
water
Olive oil
salt
black pepper
paprika
parsley

Preparation:

Wash the thistle and cut into cubes. Cook it in boiling water with a pinch of salt for a few mins in a pressure cooker (PC) with no lid on. Peel and dice the potatoes and add them to the PC. Now, put the lid on, lock the PC and cook for 4 minutes after the steam starts to come out. Drain and reserve.
Cut the spare ribs into smaller pieces, salt and pepper, and fry together with the garlic cloves, whole, until the rib pieces are well browned all over.
Put the flour in a pan with a little oil, and cook and stir so as to make a béchamel; then add in some paprika to taste. Next, add in two ladles of the cooking liquid of the PC, (once it is open).
Next, stir the ribs, thistle and the potatoes into the pan where the béchamel was cooked. Cook over low heat for about 2 minutes. Serve in a bowl and garnish with parsley.

Pork Stew with Clams.....Code25

Ingredients for 4-6 people:

700 gr. lean pork
700 gr. clams
2 onions
1 green pepper
4 cloves garlic
1 tablespoon flour
2 glasses of white wine
Olive oil
salt
Black pepper
2 bay leaves
2 tablespoons sweet paprika
parsley

Preparation:

For the marinade: cut the pork meat into cubes, salt & pepper and stir it into a bowl. Add in 2 garlic cloves chopped, as well as the paprika, bay leaf and the white wine (reserve some of it) to cover it all. Cover the bowl with plastic wrap and let marinate overnight. Next day, drain the meat using a sieve, and reserve the marinating juice.

Brown the diced meat in a pan with a little oil for about 5-6 minutes.
Add in the onion and green pepper, both chopped. Season, add in the marinating juice and cook for 5-6 minutes.
Chop 2 garlic cloves and put them to fry in a pan with a little oil. Stir in the flour, the clams and the reserved white wine; cover and cook until the clams open. Add in some chopped parsley, stir it all into the casserole with meat and cook a few more minutes. Let it stand for 2-3 minutes.
Serve the meat with clams and topped with abundant sauce. Garnish with parsley and

serve.

Chicken Whiskey.....Code26

Ingredients for 4 people:

1 chicken
1 onion
1 green pepper
1 carrot
3 cloves of garlic
12 mushrooms (small)
12 small potatoes
150 ml. whiskey
30 gr. of crusty bread
water
olive oil
salt
pepper
parsley

Preparation:

Remove the skin from the chicken, chop it and season. Brown the meat in a little oil. Once browned, remove and reserve.
Chop garlic, onion, pepper and carrot into small cubes and put them to fry in the same pan where the chicken was fried.
Stir in the chicken and mix it all well. When hot, pour the whiskey and flambé. Stir in the bread, sliced .
Peel the potatoes, cut them into halves (if they're really small), add them to the

preparation, together with the mushrooms, and add in water to the same level as the rest of ingredients. Add some salt, cover with a lid and cook for 25-30 minutes on medium heat.
Serve and sprinkle with chopped parsley.

Chicken Stew with Vegetables and Beer.....Code27

Ingredients:

1 chicken, cut into eighths
2 onions,
2 garlic cloves
2 artichokes
8-10 mushrooms
1 tbsp peppercorns
a little Thyme
a little Romero
a little Oregano
750 cc. lager
a little olive oil

***Preparation**:*

Season the chicken pieces and brown them in a little olive oil. Once golden, add the onions, peeled and cut into strips. Stir gently and wait until the onion is transparent.
To prepare the vegetables, peel and chop the garlic, wash the mushrooms and cut them into chunks; peel and cut the artichokes to get to the heart of them. Cut the hearts

in half and each half into 3 or 4 pieces.
Add the prepared vegetables to the pot; then add the peppercorns and herbs. Mix and cook for a couple of minutes.
Next, add the beer and bring to a boil on a high heat. Once it boils, lower the heat and cook slowly until almost all the liquid has evaporated.

Simple Potato Stew with Chicken.....Code28

Ingredients for 4 people:

4 chicken thighs (skinned ones are OK, too).
1 kg potatoes
1 onion.
3 ripe tomatoes.
3 cloves of garlic.
2 bay leaves.
600 ml chicken broth.
1 teaspoon dried oregano (optional) .
Olive oil.
Ground black pepper.
salt

Preparation:

Season the chicken, and brown it in a little olive oil in the same pot to cook the stew. In the meantime, peel and chop the onion and garlic cloves.

Once the chicken is golden brown, add in the onion and garlic and cook it all over medium heat until the onion is tender. Add a little salt.
Then mince the tomatoes and add them to the stew along with the bay leaves. Cook for 10 minutes. Meanwhile peel and cut the potatoes into cubes.
Add them to the stew along with the chicken broth and the teaspoon of oregano.
Simmer it all for 30 minutes over medium-high heat until the potatoes are tender.

Range Chicken with Prunes and Pine Nuts.....Code29

Ingredients for 6 people

1 chicken, cut into eighths
Flour and fresh thyme
200 g of prunes
4 shallots
1 1/2 glass brandy
1 tablespoon ketchup
200 g of pine nuts, sugar

Preparation:

Season the chicken and dredge the pieces in flour. Brown them in a casserole. Remove and reserve.

Brown the chopped shallots in the same pan. Add the chicken and plums, stir it all and add in the brandy to deglaze the bottom of the casserole. Add the tomato sauce, let it reduce for 5 min and add in some water. Cover with a lid and cook for about 10 minutes, stirring occasionally.

Next, brown the pine nuts in a pan with no oil in it and add a pinch of sugar to caramelize. Serve the chicken with plums and garnish with pine nuts on top.

Turkey Stew with Mushrooms.....Code30

Ingredients for 5 people:

For the marinade:
1kg of turkey meat
1 teaspoon of spice meat
3 large garlic cloves, minced
100 ml of white wine
some olive oil
some chopped parsley
salt

Ingredients for the stew:
150 g peas
1/2 red bell pepper
some saffron threads
1 teaspoon sweet paprika
200 g of mushrooms
500 g of potatoes
2 bay leaves
salt
water

Preparation:

Stews and Ragouts in general by Carlos Mirasierras

First, cut the meat into not too small pieces and marinate for a few hours before starting to cook it (even better if left overnight) .

Once the meat is ready, stir it into a casserole, add more oil, almost to cover the pieces, and let them simmer (not fry, coo like a confit) on a very, very low heat for 1 an hour approx, stirring occasionally. Meanwhile, clean and chop the mushrooms, potatoes, onions, red pepper, and reserve.

Next, remove almost all the oil used to simmer the pieces (it can be used for frying potatoes, onions, etc.), add the mushrooms , potatoes, onions, red pepper along with peas, paprika, salt and saffron, and some water until almost cover the potatoes. Turn up the heat and once it all starts to boil, turn it down and simmer for about 20 mins, approx. once the potatoes are OK, check the salt and serve.

Duck Confit with Apple and Peach.....Code31

***Ingredients for two people**:*

Two confit duck legs
An apple
1 tablespoon of peach jam
1 teaspoon sugar
1 tablespoon olive oil
A knob of butter

¼ cup of wine of Oporto, or Pedro Ximenez
¼ tablet beef broth
¼ cup water
a pinch of salt

Preparation:

Remove the fat attached to the confit, place on a baking sheet, skin side up, sprinkle with sugar, place at middle height in the oven and bake at 200ºC-396ºF for 15 to 20 minutes. Next, cut the apple transversely, core it, cut into thin slices and sauté until browned in a pan with a knob of butter and a few drops of oil. For the sauce: make a broth with the water and the stock cube, dissolve and add ¼ glass of Pedro Ximenez and the tbsp of peach jam (blueberry jam or any other fruit is also OK). Reduce by half over high heat, when reduced, add a tsp of sugar and simmer over medium heat, stir occasionally for 10 minutes and remove from the heat when a syrup texture is obtained. Place the duck thighs, skin side up, top with the apple slices, add a pinch of salt and sprinkle the preparation with some sauce drops.

Turkey Stew Beer.....Code32

Ingredients:

25 g oil
1 onion
800 g. boneless turkey breast
1 liter of beer
a sprig of rosemary
a sprig of thyme

250 g small mushrooms
1 tsp of Dijon mustard (optional)
60 g cream
salt, and pepper.

Preparation:

Heat the oil in a heavy-bottomed saucepan. Add the chopped onion, leave it to soften for 5 minutes. Add the turkey meat, diced, as for stew, sauté for 10 minutes, or until golden brown.
Add in beer, seasoning with pepper and herbs. Let simmer, covered with a lid, for about 30-35 minutes, or until the meat is very tender.
Meanwhile, sauté the mushrooms, cleaned and sliced, in 2 tablespoons oil or butter for 5 minutes, or until lightly browned.
When the turkey is done, remove the herbs, add the sautéed mushrooms (and mustard, if you opt for it), along with the cream, and let reduce the broth, with no lid on, over high heat, until the sauce thickens. This stew can be served accompanied by some chips or some boiled rice.

Turkey and Apple Rolls.....Code33

Ingredients:

4 turkey breast fillets
2 slices of spicy bread
2 tbsp orange juice
3 apples
1 onion

olive oil
salt and pepper
brandy
flour

Preparation:

Peel 2 apples and cut them into brunoise. Peel the remaining apple and cut it into wedges. Chop the onion finely, and sauté it in some olive oil for 10 minutes together with the apple brunoise. Crumb the bread and dip in orange juice. Add the previously fried ingredients and mix it all. Season the fillets and fill them with the mixture. Roll them up and fasten with chopsticks. Brown them in oil along with apple wedges, sprinkle a little flour and flambé with brandy. Add a little chicken stock and cook a few minutes. Serve the rolls cut into 2 or 3 pieces, and garnished with the apple wedges.

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*Stewed Pork Ribs with Potatoes.....**Code34***

Ingredients for 4 people:

600 g spare rib
500 g potatoes
laurel
1 cup dry white wine
1 onion, finely chopped
3 garlic cloves, finely chopped
oregano
olive oil
salt
pepper

Preparation:

Put the spare ribs to brown in a saucepan (seasoned with salt and pepper) with a little olive oil, just as it has been explained in other recipes. When browned, add the onion and garlic, as well as the bay leaf and oregano, and the white wine. Let reduce the wine (as this will remove the raw taste of wine) and add the potatoes along with freshly ground black pepper, and sauté it all.
Add water to cover all ingredients. Simmer for about 25 minutes, or until potatoes are tender.

Pork Stew and Mushrooms.....Code35

Ingredients:

700 g pork meat
2 onions, finely chopped
8-10 mushrooms
1/2 red pepper, cut into fine strips
2 carrots
1 handful peas
1 1/2 cups wine
1 cup water
2 beef stock cubes
paprika (sweet or hot)
cumin
thyme
black pepper

Preparation:

Fry the meat in olive oil, together with garlic cloves, whole and unpeeled, and when brown remove and set aside.
Poach the onion and the red pepper in the same oil along with the bay leaf. When poached, add the paprika and the wine right away, as well as the water and other species.
Stir in the meat, carrots and peas and let simmer for half hour or so. Halfway through cooking, add the mushrooms and wait until they're cooked. If necessary, the sauce can be thickened with a teaspoon of cornstarch dissolved in cold water. This preparation can be accompanied by French fries, or some boiled rice.

Lamb Stew with Potatoes.....Code36

Ingredients for four people:

1 k lamb meat
10 medium potatoes
1 leek
4 carrots
1 celery
1 clove of garlic
½ teaspoon oregano
½ teaspoon thyme
salt
black pepper
broth
butter

Preparation:

First, boil the garlic clove (previously crashed with your hand) in some water. Cut the lamb into small cubes of 1cm of side. Peel the potatoes and cut them into slices, as well as the carrots, but carrots a little thinner than the potatoes. Cut the leeks, onions and celery. Spread a little butter in a large pot and start placing each of the ingredients that that have been cut, forming layers, and starting first with the potatoes. Season with salt and pepper. Add in some broth, cover and simmer for two hours, on a very low heat, or until you feel the meat and the potatoes are cooked. During cooking see to it that the preparation doesn't get dry, so keep adding some broth, or water to avoid it gets too salty. Sprinkle a little chopped parsley on top before serving.

Lamb stew my style.....Code37

Ingredients for 4 people:

Two lamb legs, cut into medium sized pieces
400 g of small potatoes
1 garlic bulb
1 small glass of Brandy or Cognac
parsley
olive oil
Salt and pepper

Preparation:

Salt and pepper the meat, and brown well all the sides in a skillet with a little hot oil. Then, remove and drain the meat and place it in a casserole.
Sauté the garlic, skin included, and a good amount of chopped parsley, and add both ingredients to the casserole.
Place the pan on the heat and add the brandy. Cook over high heat until it boils and then lower the heat and let it simmer for about 30 minutes.
After this time, add the potatoes, peeled (cut lengthwise if they're too large) check the salt, correct if necessary, and cook for another 20 minutes.
Serve the meat garnished with the potatoes.

Madrid-Style Tripe.....Code38

Ingredients for six persons:

2 kg of tripe, beef snouts and legs into pieces.
3 Asturian blood sausage.
2 chorizos, cantimpalo type.
1 large onion.
1 garlic bulb
2 bay leaves.
2 teaspoons paprika.
2 tablespoons flour.
2 cayenne chilies.
3 tbsp olive oil
Water.
Salt

Preparation:

In general, tripe is sold washed and blanched, but a few mins under running water won't do any harm.

Once clean, put them to cook in a pressure cooker (PC), with a half of the onion, the garlic bulb (previously reserving 3 cloves), the bay leaf and salt.
Cover the tripe with water one inch above the ingredients, lock the PC and cook for 30 mins.
After this time, unlock the PC and add in the sausages and chorizos.
Poach the remaining onion and garlic, both finely chopped. Add in the flour when they start to turn brown, stir a little and add in the paprika, but remove from the heat to prevent burning, stir again and put it into the PC.

Let it cook again (about half an hour with no lid on) until the black pudding (Asturian blood sausage) and chorizo have give flavor to the tripe.

Before serving, mash the cayenne chilies in a mortar, add a little of tripe broth and dissolve well; put this gravy-like sauce in a sauceboat so it can be added to taste by the fellow diners.
Stews taste much better when cooked the day before.

Rabbit Stew with white Beans, and Toasts topped with Blood sausage...Code39

Ingredients for 2 people:

Half a rabbit of a medium size
100 g fabes (a type of white broad beans)
1 onion sausage
1 onion
2 cloves of garlic
1 carrot
1 leek
2 slices of brioche bread
1 glass of fine wine

1 dash of vinegar
olive oil
salt
pepper
1 bay leaf
parsley
chive

Preparation:

Put the beans to soak the night before. Cut the rabbit into smaller pieces. Salt and pepper the pieces and brown then in the pressure cooker with a little oil. Add the leeks, chopped; the carrot, peeled but whole; the onion, halved; the garlic cloves and bay leaf.

Then, pour the vinegar and fine wine and bring to a boil. Stir in the beans together with the soaking water. Lock the PC and cook for 20 minutes once the steam starts to come out.
Put the sausage on a plate, cover with plastic wrap , pierce a few little holes on the plastic and cook in the microwave for 3-4 minutes. Crumble the sausage and reserve it .
Heat the pan in a pan without any oil . Remove the crust, cut each slice in half and put the sausage on top. Sprinkle some chopped parsley over. Reserve.
Serve in a bowl with the beans, rabbit and vegetables. Garnish with chive, cut into small brunoise, and sprinkle with some chopped parsley and a drizzle of oil. Serve right away with toasts topped with blood sausage.