



*The Gastrosite
of
Spanish Recipes.*

*A Guide to
cooking
correctly,
by
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Roasted vegetables with serrano ham

Ingredients: 1/2kg (1.100 lbs) of eggplant; 2 red peppers ; 1 medium onion; 3 tbsp of olive oil; 2 tbsp (2.204 lbs) of lemon juice; 50 g of serrano ham; 4 small tomatoes

Preparation:

- 1. Wash the eggplant and the peppers and cut them in halves.*
- 2. Cut the onion into quarters and wash the tomatoes*
- 3. Place everything in a roasting pan and sprinkle over 2 tbsp olive oil*
- 4. Roast the vegetables in a preheated oven (180°C/356°F) for about 20 mins; next remove from the oven and set aside to cool*
- 5. Meanwhile, cut the serrano ham into small pieces and lightly fry for a few mins and set aside*
- 6. Remove the skin and cut into small pieces, then place everything together in a bowl, add a little more olive oil if necessary, then add the lemon juice; season with salt and pepper*
- 7. Finally mix in the serrano ham. Serve cold.*

Oyster mushrooms with almond sauce

Ingredients: 1 kg (2.204 lbs) (of oyster mushrooms, rinsed under the tap; 12 peeled almonds; 1/2 tsp paprika; salt; 100 ml white wine; flour; 1 tbsp of butter

Preparation:

1. Grind the peeled almonds (crush them a bit before you use the hand blender).
2. Sauté the mushrooms, while turning them over to fry both sides.
3. Start to cook the wine, the almonds and the flour in a frying pan until it all thickens, while stirring to avoid the formation of lumps.
4. Put the fried mushrooms on a serving plate and pour the sauce over them; sprinkle some 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:

1. Cut the bacon and the chorizo (without the casing) into small dices.
2. Fry the bacon and sausage in a little oil.
3. Whisk the eggs together with the milk the bacon, the chorizo dice, season with salt and pepper and pour it in a frying pan, while stirring all the ingredients until the eggs set. Then serve on fresh bread slices, or toasted bread.

Artichokes with lemon

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

Preparation:

1. Remove the rough outer leaves of the artichokes , rub with a little lemon juice and boil in salted water for about 15 mins - remove from the water and drain.

- 2. 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 minutes until the breadcrumbs become crisp.*
- 3. Add the lemon juice to the frying pan; season the mixture with salt and pepper.*
- 4. Place the cooked artichokes on a plate, cut in halves, pour the mixture over them and serve immediately.*

San Jacobos



Ingredients: sliced ham; thinly sliced cheese; 1 egg beaten; olive oil; fine breadcrumbs.

Preparation:

Roll each slice of ham with a slice of cheese and dip in the beaten eggs and then dredge them in the breadcrumbs (stick a toothpick through the rolls to prevent they unroll). Next, fry the rolls in oil until they brown a bit. Drain the excess of oil using kitchen paper (KP), and serve before they get cold.

Fritters

Ingredients: 1/2 onion, finely chopped; 1 garlic clove; fresh parsley; 150 g of flour; 1 egg, yolk and white separated; 300 g of boneless fish or sausage; 1/4 tsp of baking powder; a few saffron strands; 150 ml of water; salt; olive oil.

Preparation:

1. Mix the onion, the parsley, the flour, the baking powder, the water, some salt, the egg yolk, and the saffron using a blender to make a batter; let it sit for about 30 mins.
2. Beat the egg white until stiff and add it to the batter.
3. Dip the pieces of fish into the batter, and deep-fry them in hot oil to a golden brown color.
4. Drain the excess of oil with KP and serve before they get cold.

Spicy kebabs



Preparation: 1/2 k of pork or beef; chopped parsley; 4 garlic cloves; the juice of a lemon; 1/2 tsp of paprika; 1/2 tsp of ground cumin.

Preparation:

Cut the meat into cubes. Put the lemon juice, chopped parsley (2 tbsp), crushed garlic, paprika and ground cumin into a bowl to make the marinade.
Put the cubes of meat into the bowl and place in the fridge for 8 - 24 hours.
Assemble the skewers with the meat cubes and grill/barbeque them until the meat is done.

Green olives in herb sauce

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

Preparation:

Crush the olives using a rolling pin (don't remove the olive bones). Place the olives, the garlic cloves and the chopped parsley in a glass jar and add some olive oil (about 2 tbsp) - shake all ingredients together keep in the fridge before serving.

Fried fresh anchovies



Ingredients: 1/2 kg of fresh anchovies; flour; 2 eggs (beaten); olive oil.

Preparation:

Gut the fresh anchovies, remove the heads, and open them lengthways to remove the backbone; then, rinse them clean under the tap water.

Season with salt.

Dredge them in flour first and, then dip them in the egg and finally deep-fry them in hot oil, making sure that they do not get over-fried.

Serve, before they get cold.

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 leaves of the artichokes and the stalk part, and leave only the tender middle heart.

Slice the artichokes into a 1/4-of-an-inch layers:

Slightly fry the garlic to perfume the oil (remove it when it is golden brown) and fry afterwards the artichokes.

Place the artichokes on KP to drain off the oil.

And finally serve the sliced artichokes on a serving dish, salt to taste, and sprinkle some lemon juice on them (optional). Also, add the serrano ham slices.

Marinated mushrooms



Ingredients: 3 tbsp of olive oil; 1 small onion, finely chopped; 1 garlic clove, finely chopped; 1/2 glass of white wine; 1/2 small of water; salt and pepper; 350 g of mushrooms (rinsed under a not-strong drizzle of tap water).

Preparation:

Fry, slightly, the garlic in a pan and then add the finely chopped onion; sauté for 5-8 minutes or until the onion has softened

Next add the wine and the water and let both elements simmer for 20 mins

Sauté the mushrooms in another pan, sprinkle some salt and black pepper, while turning them to cook both sides.

Place the mushrooms on a serving plate and cover them with the sauce described before.

Oyster mushroom recipe

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

Preparation:

Heat the olive oil on a large griddle pan over a high heat. Place the oyster mushrooms in the pan, sprinkle some salt over them, and let get cooked on both sides. Next, put the mushroom on a serving plate, sprinkle the garlic and the parsley on them, and finally drizzle some olive oil on all.

Fried asparagus



Ingredients: Asparagus; 2 tbsp of olive oil; 1 lemon; salt;

Wash the asparagus and break off the rough ends by bending them on their weakest point (it's easier done than said).

Next, fry them with very little oil on medium for some 15 mins on a griddle.

Once they are a bit golden brown, remove from the griddle and immediately serve on a dish; some lemon juice can also be added on them, or some olive oil, mayonnaise, or any other light sauce.

Fried eggplants



Ingredients: 1 medium eggplant, cut into sticks; 1 egg; a few slices of serrano ham (optional); 3 tbsp flour; salt and ; olive oil.

Preparation:

Slice the eggplant (about 1 cm thick). Beat the egg with some salt, and set aside for the moment. Put some flour on a large plate, and in the meantime heat some oil in a frying pan on a medium-to-high heat. Dredge first the eggplant slices in flour and then dip them in the beaten egg.

Deep-fry immediately for about 3 - 5 mins, turning the slide over to cook both sides; place on KP to drain off the excess of oil and serve before the preparation gets cold.

Basque pintxo: Mushrooms and ham

Ingredients: 1 baguette bread; 100 g of uncut, medium sized mushrooms; 50 g of serrano ham; salt and pepper; olive oil.

Ingredients:

Rinse the mushrooms under a mild flow of tap water; next put them on a roasting pan, sprinkle some olive oil on them and move them all to a preheated oven at 200°C (396°F). Allow some ten mins in the oven; next, sprinkle salt and pepper on them and

set aside. **2.** Cut some bread slices (1-inch thick), and lay a serrano ham slice and a mushroom on each bread slice; stick a toothpick to keep the ingredients together.

Tuna, egg and tomato salad



Ingredients: 1 large tomato; 1 small tin of tuna; 2 hardboiled eggs; 2 spring onions; a few green (or black) olives; 1 garlic clove, finely chopped; 2 tbsp of extra virgin olive oil; 2 tbsp of white wine vinegar; salt and pepper.

Preparation:

Chop both the tomato and egg into small cubes and place them in a bowl for a future use. Finely chop the spring onion; pit the green olives, chop them and add them to the tomato and egg. Drain the oil off the tuna, and mix the tuna to the abovementioned ingredients. Make a dressing by mixing the olive oil, vinegar and the garlic, together with some salt and black pepper. Dress the salad with it and serve with some baguette bread slices.

Fried prawns in batter



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

Preparation:

- 1. Sieve the flour into a bowl and add a pinch of salt.*
- 2. Make a hole in the middle of the flour and add 1tbsp of olive oil and the beer.*
- 3. Stir the mixture well working it from the centre outwards until it has a smooth consistency; let this batter sit for 30 mins at room temperature.*
- 4. Peel the prawns, and leave the tail end.*
- 5. Beat the egg whites until stiff and add them to the batter.*
- 6. Heat enough oil in a pan to deep fry the prawns.*
- 7. Dip the prawns in the batter one by one and fry them a few at a time until they have turned golden brown; don't over-fry them or they'll get dry.*
- 8. Drain the prawns on KP and serve before they get cold.*

Mushrooms

Ingredients: 1/2 kg of mushrooms; 1 small onion, finely chopped; salt and pepper; olive oil; 1 tbsp of flour; a glass of white wine; 1 tbsp of finely chopped parsley (optional).

Ingredients:

- 1. Rinse the mushrooms under a mild flow of tap water; cut them into thick chunks*
- 2. Fry the mushrooms with oil on a medium-to-high heat; add the chopped onion, let simmer for 5 minutes, salt and pepper to taste.*
- 3. Finally add the flour, stir and add the wine to make the sauce. Allow some 10 minutes of simmering. Now is the moment to add the parsley if you want to.*

Potatoes in garlic mayonnaise



Ingredients: 2 large potatoes; 3 tbsp of mayonnaise; 1 or 2 garlic cloves, finely chopped; 2 tbsp of freshly chopped parsley

Preparation:

- 1. Peel the potatoes and boil them in salted water for approx 20 mins until they're cooked*
- 2. Mix the mayonnaise, the chopped parsley and the garlic.*
- 3. Cut the potatoes into 1-inch cubes.*
- 4. Dress the potatoes with the garlic mayonnaise.*
- 5. Keep this potato salad in the fridge for 30 mins before serving.*

Russian salad

Ingredients: 1 large potato; 2 eggs; 1 small tin of tuna; mayonnaise; green olives (pitted); tsp of finely chopped parsleys.

Preparation:

- 1. Peel the potato, cut it into small cubes and boil in salted water for approx 15 mins or until soft ; drain and leave to cool*
- 2. Hard-boil the eggs, remove the eggshells and leave in cold water to cool down.*
- 3. In the meantime, cut the egg and the potato into small cubes; move both things to a bowl and add the tuna.*
- 4. Chop a few green olives and add them to the bowl.*
- 5. Mix all the above ingredients, season with a little salt and pepper.*
- 6. Finally add 2 - 3 tbsp of mayonnaise and stir into a mixture.*
- 7. Garnish with pitted (or anchovy-stuffed) green olives and a sprinkle of finely chopped parsley.*

Prawns with garlic mayonnaise



Ingredients: 50 g of mayonnaise; some large prawns; 1 garlic clove, finely chopped; sea salt

Preparation:

- 1. Mix the mayonnaise and the garlic in a bowl and set aside*
- 2. Shell the prawns, and lay them on a roasting pan*
- 3. Sprinkle some sea salt and olive oil on the prawns and put under a medium-to-high grill*
- 4. Turn the prawns so they can be cooked on both sides*
- 5. Keep an eye on them to avoid they get over cooked; remove from the oven and serve with the garlic mayonnaise on one side.*

Stuffed mussels



Ingredients: 1.5 kg of mussels; 1 large onion, finely chopped; 2 green peppers, finely chopped; 1/2 k of tomatoes, finely chopped; 1 glass of white wine; salt; olive oil; béchamel; flour; eggs; some finely ground breadcrumbs.

Preparation:

- 1. Clean the mussel shells thoroughly, as you'll need them later.*
- 2. Cook the mussels in a saucepan with the white wine, and with a lid on*
- 3. Once the mussel shells are open, remove the flesh and place it on a plate for a later use; also set aside the shells*

4. *Sauté the onion and the peppers in 3 tbsp of olive oil; add the tomato 10 mins later, and season with salt*
5. *Chop the mussels flesh, finely, and add it to the mixture*
6. *Fill the mussel shells with the mixture and top with béchamel sauce.*
7. *Make a batter with the flour, the beaten egg and the breadcrumbs and to coat the mussel pieces, and fry them in hot oil until the batter turns golden brown.*

Fried almonds

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

Preparation:

1. *Heat the olive oil in a frying pan.*
2. *Fry the almonds for 1-2 minutes until they are golden brown and drain the excess of oil on KP.*
3. *Sprinkle some sea salt (the coarser the better) and leave to cool before eating.*

Fried Squid (Calamares a la romana)



Ingredients: 1/2 kg of frozen squid, cut into rings; flour; eggs; sunflower oil; 1 lemon.

Preparation:

1. Make sure the squid pieces are completely defrosted (keep them in the fridge during the process to avoid an abrupt thaw).
2. Beat the eggs with the flour, a pinch of salt and 1/2 tsp of baking powder.
3. Heat enough sunflower oil in a frying pan to deep-fry the squid rings.
4. Dip the rings in the batter and deep-fry in hot oil.
5. Drain the excess of oil on KP and serve straight away before they get cold; drizzle some lemon juice on them (optional).

Garlic King Size Prawns

Ingredients: 3 tbsp of olive oil; 1-2 garlic cloves, sliced; some chili pepper, sliced; 10-15 large peeled prawns.

Preparation:

1. Sauté first the garlic and the peppers in olive oil on a medium-to-high heat.
2. Add the prawns to the pan, and allow no more than one minute of frying in order to avoid over-cooking them (if you use defrosted prawns, first of all it is advisable to blanch them in boiling water for 5 sec in order to avoid they start releasing juices).
3. Serve immediately with a cool dry white wine.

EASY RECIPE FOR RED PEPPER AND EGGPLANT SALAD

(Roasted)



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

Ingredients: 4 red peppers; 3 eggplants; 2 large tomatoes; 1-2 large onion(s); 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:

- 1. Preheat the oven to 180° (356°F). Wash and dry all the ingredients. Wrap the veggies in foil (all of them whole). Next, lay them in a roasting pan, and move it to the preheated oven. Let them roast for 1 and 1/2 hour, while turning over the pieces from time to time.*
- 2. Once the veggies are roasted, peel them while they're a bit warm, otherwise their skin would cling to the their flesh. Also cut off the tops of the peppers and seed them.*
- 3. Cut the peppers and the eggplants into long strips. Slice the onions and the tomatoes. Salt the ingredients, and add a few drops of vinegar some black pepper and generous amount of olive oil.*
- 4. Pell the potatoes, and cut them into cubes; sprinkle some salt, black pepper and olive oil on the potato cubes.*
- 5. Put all the ingredients on a serving dish and keep in the fridge for a few hours, so flavors and tastes mix.*

EASY RECIPE FOR TOMATO AND BASIL SALAD

Ingredients: 500 g tomatoes; one tbsp of vinegar; 3 tbsp of extra virgin olive oil; a large pinch of brown sugar; fresh basil; Salt; black pepper; White fresh cheese.

Preparation:

- 1. Slice the tomatoes into thin slices and place them on a serving dish. Cut the fresh cheese into small dice and scatter them on the tomato slices.*
- 2. Mix the olive oil, vinegar, salt, pepper and the sugar well, and pour it all over the tomatoes and the cheese.*

- 3. Chop the fresh basil leaves, and sprinkle them on the tomatoes.*
- 4. Put the salad in the fridge before serving.*

CHICKPEA SALAD

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

Preparation:

- 1. Drain and rinse the chickpeas.*
- 2. Prepare the tomato by blanching on boiling water for 10 sec, so the skin is removed more easily, discard seeds and cut the flesh into small cubes and place in a bowl.*
- 3. Add the red peppers to the tomato.*
- 4. Cut the cured ham into small squares and add to the bowl. Dress the ingredients with extra virgin olive oil and white wine vinegar, and season with salt and pepper.*
- 5. Add the chickpeas to the salad mixture.*
- 6. Garnish with fresh parsley and serve.*

RECIPE FOR MARINATED OLIVES



Ingredients: 1 kg of olives; a sprig of thyme; a sprig of oregano; 1 lemon, quartered; 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:

1. Crack the olives with a wooden instrument.
2. Soak them in water in a jar with a screw cap and keep in the fridge.
3. Change the water every day until the olives start to taste less bitter. This should take between 5 and 7 days.
4. Add the rest of ingredients into the jar with the olives. Let the olives marinade for a month, at least, so that flavors can blend before starting to use the olives.

Recipe for Salmon salad



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

Preparation:

1. Marinate the salmon in the olive oil and lemon juice for 2-3 hours.
2. Wash the lettuce leaves and place them on a large salad bowl.

- 3. Cut it the salmon into thin strips (about 2 cm), place it on a roasting pan with a knob of butter spread on it to prevent sticking.*
- 4. Place the salmon under the grill for a few seconds turning the salmon over to grill both sides.*
- 5. Lay salmon strips on top of the lettuce leaves and pour some of the marinade used before together with a few drops of white vinegar.*

Recipe for leek vinaigrette

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

Preparation:

- 1. Cut both ends off the leeks, peel and wash them thoroughly.*
- 2. Tie the leeks together (in two bunches of 3 cm) and put them in a pan of boiling water for 20 mins checking that they are soft before removing from the heat.*
- 3. Rinse the leeks in cold water and dry them before cutting into 7 cm lengths.*
- 4. Prepare the vinaigrette by mixing 3 tbsp of white wine vinegar, 1 tsp mustard and the olive. oil - season with salt and pepper.*
- 5. Chop the shallots finely and add them to the vinaigrette mixing all ingredients well.*
- 6. Arrange the pieces of leek in a serving dish and pour the vinaigrette over them.*
- 7. Leave in the fridge for 1 hour before serving.*

Meat and rice stuffed tomatoes



Ingredients:

8 large tomatoes; 250 g of rice; 250 g of ground beef; 8 slices of cheese machine; 1 onion; olive oil; salt and pepper to taste.

Preparation: Cut the top of tomatoes, like a lid and empty inside.

Boil the rice in a saucepan and drain.

Sauté the ground beef in a skillet with chopped onion and add the pulp of the tomatoes.

4 Mix this preparation with rice, season and fill the tomatoes, cover them with a slice of cheese and heat in oven until cheese melts.

Ham and cheese rolls



Ingredients: 6 slices cooked ham; 100 grams of cheese machine; 50 grams of ham; 100 cc of milk cream; 10 g of flour; 2 eggs; breadcrumbs, finely ground; olive oil.

Preparation:

Heat some oil and add the flour and cream. Bring to a boil and add the diced cheese and chopped ham.

Start stirring the ingredients to make a purée.

Add a little of the mixture on each slice of cooked ham. Roll up and fasten with a toothpick.

Once the mash has cooled, deep the rolls in the beaten eggs first, then in breadcrumbs and finally deep-fry in abundant oil.

Drain on KP and serve.

Pork sausages in tomato sauce



Ingredients: 1/2 sausages; 250 g of tomato purée; 2 garlic cloves , sliced; salt, pepper and oregano to taste; 1 / 2 tbsp of oil

Preparation:

Slightly fry the garlic slices, and then add the sausages until all gets a nice brown color. Next drain the oil in KP. Start frying the tomato purée in oil; add the sausages, the salt, the pepper and the oregano, to taste, and simmer for 20 minutes on a mild heat.

Chicken skewers

Ingredients: boneless chicken; smoked bacon; dried prunes, pitted; onions; red bell peppers; fresh tomatoes; salt and pepper to taste; oil required amount; sticks skewers.

Preparation:

- 1 Cut the smoked bacon, sweet peppers, onions and tomatoes into squares of equal size.
- 2 Insert the ingredients interspersed in the sticks skewers. Add salt and pepper and drizzle with oil.
- 3 Cook on a griddle, oven or grill.
- 4 Serve.

Quails Toledo style



Ingredients: 8 quails; 300 g of finely chopped onion; 200 g of carrots, cut into slices; 200 g of potatoes; 1 garlic bulb; 3 bay leaves; 15 g of black pepper; 125 cc of oil; 100 cc of vinegar; salt and thyme to taste; and enough dry white wine to cover the partridges.

Preparation: First of all, clean the quails thoroughly and tie with kitchen string. Next, fry the birds in a casserole in the oil and on a medium heat, and set aside when they're brown. Then, sauté the onion first, and after some simmering add the carrots slices. Ten mins later add the wine, stir it all and return the quails to the casserole, so they can be covered with the wine. Put a lid on the casserole and simmer the preparation for some 60-70 mins. Anyway, check if the birds are cooked by sticking a toothpick; they're OK if it enters the meat easily. Also, the quails can be removed from the casserole and the sauce can be processed using a hand blender, and continue the cooking process if the birds' meat is still uncooked. French fries can be a good garnish for this dish.

Partridge in marinade



Ingredients: 6 partridges, cleaned and tied with kitchen string; 25 cc of olive oil; 1 large onion, cut into julienne; 12 garlic cloves garlic, skinned and slightly crushed; 3 bay leaves; 1 tsp of black peppercorns; 6 cloves; 1 sprig of thyme; a glass of white wine; 150 cc of wine vinegar; 1 tbsp of sugar; salt.

Preparation: Fry the birds in a pan in half the oil until they brown. Add the garlic, let it simmer for 5 mins. Next, add the onion, the bay leaves, the thyme, the peppercorns, the cloves, the white wine, the vinegar, and let it all simmer for 20 mins. After this time, add the remaining oil, simmer for another 10 mins on a low heat. Let it sit until it cools down and keep it in the fridge for at least two days before it is consumed (Always consume it at room temperature).

Chicken nuggets fried in garlic

Ingredients: 1 chicken, cut into eights, 5-7 garlic cloves, skinned and cut into not-too-thin slices; a glass of dry white wine; salt; 9-10 tbsp of olive oil.

Preparation: Salt the chicken eights, and start to fry them in a large frying pan with the olive oil and on a medium-to-high heat. As soon as the chicken has taken on some color, add the garlic slices and lower the intensity of the heat as we don't want to burn the garlic. Simmer for 15-20 mins until the chicken has browned and add the wine, and then let it get reduced after some mins. This recipe needs all the oil that you have read

before; this amount is necessary as otherwise the garlic would end up burned and the taste would be ruined, so the idea is not to make an oily dish but to get all the flavors out of the garlic.

Griddled mushrooms in a garlic and parsley sauce

Ingredients: 1 kilo of mushrooms, cut into quarters; 4 large garlic cloves; a few sprigs of chopped parsley; 2-3 tbsp of olive oil.

Preparation:

Clean the mushrooms with some water and let them dry. Mash the garlic cloves, the parsley and the salt in a mortar, and slowly add the olive oil to get the sauce. Fry the mushrooms on the griddle with some oil; allow them to take on a golden brown color on all side and serve with the sauce poured on them

Fried potatoes in spicy sauce (Patatas bravas)



Ingredients: 2-3 large potatoes; sunflower oil; 3 ripe tomatoes, or 2-4 tbsp of tomato purée; 1tsp of hot paprika; vinegar; 1 tsp of flour

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Peel the potatoes and cut them into 1-inch cubes. Next, deep-fry them in oil on a medium-to-high heat, and thoroughly drain the oil, first in the basket of the deep frier

and then on KP. As to the sauce, fry the tomato purée in a frying pan with some olive oil; add, after some simmering, the flour and stir well with a wire whisk, add the vinegar and the hot paprika, stir well again, allow some simmering, and pour on the fried potato cubes.

Rioja style potatoes

Ingredients: 1 kg of potatoes, peeled and cut into cubes; medium onion, finely chopped; 2 garlic cloves ;2 red ;1 tsp of finely chopped parsley; 250 g of chorizo, cut into slices; salt; some saffron strands (or some culinary colorant)

Preparation: Sauté the onion, the garlic and the red chilies to make a sofrito; let simmer for 5 mins on a low heat and add the chorizo slices. Next, add the potato cubes, cover with water, add the saffron, or the colorant agent, some salt to taste and the parsley, and let simmer on a medium heat until the potatoes get a cooked texture. The final presentation of the dish is that of a stew, so the amount of water must be taken into account, and it is also advisable to use a lid to check water evaporation.

Lamb kidneys with sherry



Ingredients: 125 g of lamb kidney, cut into slices; some stalks of green garlic, cut into

oblique slices, (discard the leafy parts); a glass of sherry (vino de Jerez)

Preparation: *First sauté the green garlic slices on a medium heat, sprinkle some salt and simmer for 5 mins. Add the kidney slices, simmer on a medium heat until they take on a roasted color. Next add the sherry, increase the heat a bit, let it simmer until the sherry is gone and serve straightaway.*

Andalusia-style bread snack (Montadito andaluz)

Ingredients: *Some slices of rustic round bread; some pork tenderloin filets; onion, cut into rings; sugar; olive oil; process cheese*

Preparation: *Fry first the tenderloin filets, and keep in a warm place (or fry some time later). Sauté the onion with oil and the sugar until the rings get a caramelized. Toast the bread slices, sprinkle some olive oil on them, put the pork filets on top of the bread, and some of the caramelized onion rings, and a slice of the process cheese. Finally, lay this montadito under the grill and until the cheese melts down. Serve without delay and accompanied by a good wine.*

Clams in parsley sauce



Ingredients: *1 glass of dry white wine; 2 garlic cloves; 1 tbsp of flour; 2 tbsp of chopped parsley; 2 glasses of water; 1 pinch salt; some olive oil; 1 onion, finely chopped; 1/2 k of clams, soaked in water for, at least, 6 hours; this will help remove any remaining sand.*

Sauté first the garlic in a casserole with some oil, and then add the onion. Add the flour to make a béchamel-like sofrito, while stirring it properly with a wire whisk and adding some water (2 tbsp). Simmer for 8-10 minutes, add the parsley, the clams, and the wine (by this order). Shake the casserole to help mix all the ingredients. Allow only a 60 sec of simmering when the clams are open, otherwise they would end up with a gum-like consistency. Discard those clam that remain closed. Serve while it is hot.

Steamed mussels

Ingredients: 2 kilo of mussels; 1 lemon, salt, olive oil

Preparation: Rinse the mussels in abundant water and pull of the beards (byssal threads). They can be cooked in a pot on a floor of water, and with the lid on; this will create a steam atmosphere in the pot that will cook the mussels as they open. Another method is to lay the mussels on a hot griddle, with some olive oil on them, and covered with a dome lid to produce the same effect described before. Once they're open, sprinkle on them a mixture made with lemon juice, some of the water used in the cooking process, salt, anything you think.

Octopus cooked at the Galician style (Pulpo a feira)



Ingredients: *A 3-kilo octopus (Approx.); 1 kilo of potatoes; 1/4 l of olive oil; 3 tbsp of sweet paprika; some coarse salt to taste.*

Preparation: *Octopus was traditionally cooked in copper pots; It was beaten with a wood instrument to soften its meat; today the process of freezing and thawing saves us this boring task.*

The best method is to boil it in a pressure cooker for 20-30 mins; although it is advisable to first bring the water to a boil, without locking the lid, and immerse the octopus, with the help of tongs, three times; this will shrink its skin and will allow a better cooking. This done, this, lock the lid and increase the heat to get the water boiling, to subsequently lower the heat when the PC is whistling.

In the mean time, cook the potatoes in another pot and cut them into slices. What is left to do is to cut the octopus arms into 1/2 inch slices and lay them on a bed made with the potato slices; sprinkle with the salt, the paprika and some olive oil.

Spicy mushrooms

Ingredients: *80 cc of oil; 1 sprig of parsley; 3 garlic cloves; 1 pinch of salt; 1 pinch of black; 250 g of mushrooms, sliced (previously rinsed under the tap water); 2 onions, finely chopped.*

Preparation: *Sauté the onion in oil on a medium heat until it gets a translucent aspect. In the meantime, mash the garlic, the parsley and the black pepper to get a fine paste that will be added to the cooked onions; then, mix with the mushrooms with the sautéed onion, simmer for 15 mins and serve before it gets cold.*

Tuna pie (Empanada de atún)

Ingredients: *1 glass of white wine; frying oil; 1 pinch of salt; 300 g of canned tuna, drained; black pepper to taste; 500 g of flour; 100 g of olives, pitted and cut into brunoise; 5-8 g of yeast; 2 onions, finely chopped; 2 eggs + one egg yolk; 2 hardboiled eggs, sliced; 1-2 roasted red peppers (canned), cut into strips.*

Preparation: *Mix the flour with the yeast, the eggs and the wine. Start to knead the dough and add gradually the oil. Once the dough is completed, cover it with a cloth and let it sit for ten mins. Next, and as to the filling, start sautéing the onion until it gets a soft and translucent aspect. Remove the onion from the heat and add the tuna, the olives, and the red pepper strips.*

Use half of the dough to cover the bottom of a greased roasting pan; spread the filling, together with the hardboiled eggs; use the rest of the dough to make a lid to cover the pie. Beat the egg yolk and paint the pie lid with it (this will give a shiny color after baking) and bake the pie for 35 mins at 400°F (206°C).