



Vanilla Zulu

culinary adventures

SPANISH  
TAPAS  
RECIPE  
BOOK

by Mel Townsend



# Welcome to Vanilla Zulu Culinary Adventures!

*We are so excited to have you for a cooking class! Please make yourself at home! Feel free to ask questions and get involved, it's the best way to learn.*

*This booklet is designed to provide inspiration and creativity. Each recipe will be able to be adapted to suit your culinary tastes, as well as help you improvise using our recipes with a variety of replace ingredients.*

*Make notes as you please. Experiment with friends and family...*

*Pease make time in the week following your class to at least try some of the recipes for practice so that we can fix any mistakes you still may be making. We are always here for you on a quick facebook message or email once you leave us today!*

*Chef Mel Townsend*





# WE'RE WILD ABOUT FOOD!

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## VANILLA ZULU COOKING SCHOOL

Vanilla Zulu is an interactive cooking school in Wilston, Brisbane. Classes are designed to inspire and motivate even the most shy or reluctant cooks by keeping it simple, fast and fresh. Cooking classes should be interactive and fun, whilst teaching you new skills in the process!

At Vanilla Zulu our classes are specifically designed to make cooking less intimidating, increase your skills and confidence, and allow you to explore your unique flair.

In addition to our regular courses, Vanilla Zulu Cooking School is ideal for private dining, team building and corporate events! An alternative way to entertain staff, colleagues, friends, family and dinner guests.

## ABOUT MEL, EXECUTIVE CHEF

Mel Townsend runs the show – she's the Vanilla Zulu Executive Chef and Facilitator, with more than 22 years experience.

Her intoxicating enthusiasm and dynamic people skills will have your teams fully engaged and hungry to flex their culinary muscles.

Mel is also a professional team builder, working with organisations to ensure session objectives are clear, prioritised and outcomes exceeded.



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✉ [INFO@VANILLAZULU.COM.AU](mailto:INFO@VANILLAZULU.COM.AU)

☎ 0434 220 796

🖱 [WWW.VANILLAZULU.COM.AU](http://WWW.VANILLAZULU.COM.AU)



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## INGREDIENTS

- 180g Pork belly per person
- 2-4 cups weak chicken or vegetable stock (amount required depends on the size of your roasting dish)
- 1 tablespoon turmeric
- 1 tablespoon paprika
- 2 onions, thickly sliced
- 1 teaspoon sage
- 1 chorizo finely chopped
- Salt

## SPANISH PORK BELLY

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### METHOD

To prepare the belly, first ensure that you have dried the skin as much as possible using paper towel or a tea towel. Score the skin of the belly and cut the belly into serving sized portions.

Place the onion, sage, chorizo in a roasting dish and put the pork on top, use the onions as culinary high heels! The intention is to make sure that the pork skin will stay dry while it is being cooked.

Mix the stock and spices together in a jug and CAREFULLY pour into the roasting dish – making sure not to wet the skin of the pork. You want the liquid to come about halfway up the side of the pork.

Pat the pork skin dry again and then dust liberally with salt and immediately place into a swear word hot oven (220 - 250°C).

Cook for at least 1 ¼ hrs, checking regularly to make sure the liquid doesn't dry out. If the skin is not crackling, turn the grill on for 5 minutes at a time, place the belly on the bottom shelf, and then put it back to oven, watching closely until that lovely skin pops out into perfect crackling...heaven!

### TO SERVE

Turn the pork upside down to carve if needed – this makes cutting the crackling easier.

Serve the cooking liquid, chorizo and onions as part of the dish.

## INGREDIENTS

- 1 cup plain flour
- 80ml water and 20ml melted butter (as per demo)
- Seasoning to match your cheese (nigella seeds, pink pepper, black salt, lavender, rosemary)
- Petals, spices etc. depending on what you need to match!

## CULINARY BARK AKA FRAGRANT WATER BISCUITS 'LA VANILLA ZULU AKA TORO'S EARS

### METHOD

Place all ingredients into a bowl and mix to form a rough dough ball. To prevent the dough from being annoying and sticking to your hands, sprinkle it, and the counter surface, with a dredging of flour.

Always do this before handling the dough. Knead for about 3 minutes until the dough is nice and soft and pliable.

Take a teaspoonful of dough and roll out into long thin biscuits making sure you use lots of flour underneath to make sure they don't stick to the counter.

Bake hot and fast on an ungreased baking tray for about 3-8 minutes at 200°C. They should be brittle and not too brown! Store in an airtight container until you want to use them.

## INGREDIENTS

(MAKES JUST OVER 350ML)

- 1 egg at room temperature
- 3ml black salt or normal salt
- 5ml Dijon or grainy mustard
- Pinch white pepper
- 20ml lemon, lime juice or white wine vinegar
- 20ml verjuice
- pinch saffron or turmeric

## SEXY SAFFRON AND VERJUICE MAYONNAISE

### METHOD

Blend these together first until nice and smooth, you can do this by hand, or use a stick blender or mixer to help. Once smooth, start adding 300ml oil in a thin stream until the mixture starts to thicken, continue to pour until all the oil has been incorporated!

If you curdle the mix, simply add the curdled mix using the method above but add into a NEW egg mixture.

## PROSCIUTTO AND GOATS CHEESE TOWERS WITH ROASTED PEAR AND FIG BALSAMIC

### METHOD

Place the sliced pears/apples/quince on a greased baking tray and then bake for about 20-25 minutes until dried and crisp!

Place the goat's cheese and the prosciutto on the plate as towers as per demo and then serve with micro herbs, rocket and some of the fig balsamic!

### INGREDIENTS

- 2 slices prosciutto per person
- 1 tablespoon goats cheese per person
- 2-3 pears/apples/quince sliced and roasted in the oven for about 20-25 minutes until they form 'chips'

## TRUFFLED CAULIFLOWER PUREE

### METHOD

Place all ingredients in a large saucepan and heat over a really low heat, stirring regularly for about an hour, making sure that it doesn't dry out (add more cream if needed).

### TO SERVE

Either serve chunky or puree.

### INGREDIENTS

- 1 cauliflower, cut into florets
- 1/2 cup cream
- 1/2 cup water
- 10 ml truffle scented oil
- 1 teaspoon turmeric
- 1 teaspoon smoked salt

## INGREDIENTS

- 100g chorizo sausage, finely chopped and cooked
- 2 cups mashed potato/sweet potato (you decide!)
- 80ml cream
- 3 tablespoons flour
- 1 egg
- 2 tablespoons parsley, finely chopped
- 2 tablespoons butter
- Breadcrumbs or polenta
- Oil, for frying

## CHORIZO AND SWEET POTATO CROQUETTES

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### METHOD

Combine chorizo, potato/sweet potato, cream, flour, egg, parsley and butter together then season to taste. Place a small amount of breadcrumbs in the bottom of a baking tray.

Shape mixture into small logs (diameter about the size of a 10c coin and about 4cm long). Roll in breadcrumbs. Place coated croquettes in the baking tray. Cover and refrigerate until ready to fry.

Heat oil. Carefully place croquettes into the oil and cook until golden brown. Remove and drain on paper towel.

### TO SERVE

Arrange croquettes on serving dishes, bling up and serve with pimento puree.



## CATALAN CUSTARD TARTS

### METHOD

Place all ingredients in a food processor and combine until the mixture comes together. Cover with cling film and refrigerate for 30 minutes. Press pastry into tart cases and trim. Bake in a moderate oven (170°C) for 10 minutes until just slightly browned. Remove from oven and allow to cool.

### FILLING

Bring the milk, cream, sugar, vanilla and orange zest to the boil in a saucepan. Allow to cool slightly.

Combine butter and flour together to make a paste.

Using a whisk, stir the butter and flour paste into the milk mixture over a low heat until the mixture thickens. This is to cook the flour through. Spoon mixture into cooked pastry cases. Dust with cinnamon and refrigerate until ready to serve.

**NOTE:** you can use a large tart case with this recipe. Your cooking times will vary.

### INGREDIENTS

#### TART SHELL

- 1 ½ cups / 180g plain flour
- 60g almond meal, toasted
- ½ cup / 110g sugar
- 140g cold butter, chopped
- Zest of 1 Orange

#### FILLING

- 250ml milk
- 200ml cream
- 50g sugar
- 1 teaspoon vanilla paste
- Zest of 1 orange
- Cinnamon stick
- 2 tablespoons butter
- 2 tablespoons flour





# NOTES

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# Thank you for booking a class at Vanilla Zulu Culinary School

**We hope you enjoyed your time at Vanilla Zulu.  
We'd love for you to visit us again sometime soon, perhaps for  
one of our other 3 hour cooking classes such as**

- 🍴 **Rustic Italian**
- 🍴 **A Taste of the Mediterranean**
- 🍴 **Modern Thai Fusion**
- 🍴 **Spanish Tapas Master Class**
- 🍴 **Eat Yourself Sexy Master Class**
- 🍴 **African Culinary Safari**
- 🍴 **Vegan Master Class**
- 🍴 **Middle Eastern Master Class**
- 🍴 **Moroccan Master Class**
- 🍴 **Asian Fusion Master Class**

Or do you want to take your skills to the next level? Thinking of opening a food business, B&B or just want to rule in your kitchen then our Six Week Chefs Skills course (six consecutive Monday nights) and Advanced Chef Skills Course (3 weeks) are definitely for you. You could be ready for MasterChef or MKR sooner than you think!

Details of all our classes can be found on our website. Once you make your selection, we'd love to offer you a fabulous \$20 off your next class booking. Simply enter the code: FIRST at checkout.

One more thing, tag us (@vanillazulu) in your photos from today's class on Instagram or Facebook and we'll enter you in our monthly social media draw. You could win your next cooking class on us! Each photo equates to one entry. Have private accounts? Just email us with some screen shots of your posts - we can't have you missing out!

Finally, if you have any feedback for us we'd love to hear it. We put our heart and soul into the Vanilla Zulu experience, and really hope you enjoyed yourself.

***We look forward to welcoming you back at Vanilla Zulu soon.***



**Greetings from Chef Mel Townsend  
and The Vanilla Zulu Team**