

Andalusian Fried Fish recipe- (Pescaito Frito)

Preparation time : 15 Min

Cooking time : 20 Min

Level of difficulty : Low

Ingredients

- a slice of fresh hake (per person)
- a few fresh anchovies (per person)
- a few peeled prawns (per person)
- flour
- olive oil
- salt
- 2 lemons

Preparation

Wash and dry the fish pieces then cover them with flour

Heat a large amount of olive oil for deep frying the fish (the oil should be almost smoking). Add the fish to the hot oil (there should be enough oil to cover the fish)

Remove the fish from the oil as it turns golden - place on a plate and sprinkle with salt

When all the fish is done serve with the fresh lemon cut into wedges



Cañailas - Sea snails



Get a deep big pot ready with salty water. Bring to boil and add a bay leave. Pour the fresh sea snails in. Cook for only 5 to 8 minutes. Strain. Let cool down and serve. A green sauce would pair perfectly here, or some allioli... or maybe you just want to feel the plain sea in your mouth.



Cocido Madrileño

Boiled Meat Dinner from Madrid

Cocido Madrileño - or simply cocido - is probably one of Spain's national dishes. Cocido is based on a vast cauldron, which simmers away all day, hardly bubbling. In the old days households made it every day, for poached meat used to be the hallmark of the middle-class kitchen. From this pot comes a series of magnificent things.

First there is the *caldo*. This is clear stock, rich with many meat juices. Famous as clear soup with sherry in it, it is drunk world-wide. *Caldo* is also used in many Spanish dishes. It may be saved, but is often served as the first course before *cocido*, with a couple of spoonfuls of rice cooked in it.

The most important constituents of the pot are the meats, which are chosen for their diversity. Salt meat, fresh meat and sausage (preferably smoked) must all be there, for this is a dish for tough meats, full of flavour, which are made tender only by long cooking. A roasting chicken is less good than the cheaper boiling hen. Meat bones and trotters add richness to the stock.

The pot also contains vegetables, the first being chickpeas, which are traditional unifying element in all Spanish *ollas* (stewpots) and have an ancient history in Spain. With them come pot herbs - onion, garlic, and leek - each with their appointed time for being added and function. There are also fresh vegetables, to make colourful, cheerful platters to serve as an entrée to the meats, or as an accompaniment.

- Serves 8
- Difficulty: intermediate
- Preparation time: more than one day. Chickpeas must be soaked overnight, and cooking takes several hours.

Ingredients

- 9 oz dried chickpeas soaked overnight
- 1 lb cured brisket of beef or silverside in one piece
- 9 oz salt pork belly, streaky bacon in one piece or fresh pork belly.
- 1 lb 4 oz knuckle gammon bone, with some meat attached
- 1 1/2 lb beef marrow bone, sawn across
- 1/2 boiling chicken
- 1 pig's trotter, split
- 1 whole garlic bulb

- 2 bay leaves
- 8 black peppercorns, crushed
- 1 small onion, studded with 2 cloves
- 1 1/2 lb Savoy cabbage, quartered
- 2 carrots, in big pieces
- 2 leeks, short lengths
- 1 lb new potatoes
- 2 chorizos, or other smoked sausage
- 1 morcilla or 7 oz black pudding.

Preparation

Several hours before cooking, cover the salted meat (brisket or silverside, salt pork belly or bacon and gammon knuckle) with cold water and leave to soak.

Choose a large stockpot - at least 10 pints (6 liter). Pack in all the meat, skin side down, with the beef bone. Fit the chicken and trotter on top. Add the garlic bulb, bay leaves and peppercorns and cover with water. Bring to a simmer, skimming off any scum that rises.

Drain the chickpeas, add to the pot, cover and simmer on the lowest possible heat for 1 1/2 hours, checking occasionally. Halfway through add the onion stuck with the cloves. No other vegetables go in.

In a second casserole, put the quartered cabbage, all the vegetables and all the sausages. If the black pudding has a plastic skin, remove it. Add water to cover the ingredients and a little salt and bring to a simmer. Cover and cook until the potatoes are ready.

Drain the vegetables and sausages and slice the sausages. Arrange the vegetables decoratively on a platter and put the sausage slices on top. This can be served before the meat or alongside it.

Remove the meats from the main pot, collecting the chickpeas together. Remove the marrow from the bone and slice it into the chickpeas. Slice all the meats. Arrange the meats and chickpeas on a platter, moistening them with a little broth.

Serving Cocido

The order and manner of serving is governed by family tradition. Some families like an splendid display, with everything being served at the same time on

different platters. This marks the occasion as a feast day, since normal way is for vegetables to precede meat.

Fabada asturiana

Asturian Bean and Sausage Pot

Fabada, the worlds' most famous bean pot comes from the wild mountains of Asturias. The beans are flavoured with all the local specialities like lacón, which is the cured front leg of a pig and oak-smoked fresh sausages.

Salt pork or cured beef make good substitutes. Cured sausages also go in, and give an incredible richness to the flat, white, fava beans that constitute the base of the Fabada.

- Serves 6
- Difficulty: intermediate
- Preparation time: 3 hours

Ingredients

- 1 lb 10 oz dried butter beans (or faves)
- 1 1/2 lb salt pork belly (or salt brisket or silverside)
- 1 1/2 lb smoked gammon knuckle or hock, skin slashed
- 6 black peppercorns, crushed
- 1 teaspoon paprika
- 1 pinch of powdered saffron
- 1 bay leaf
- 2 tablespoon olive oil (optional)
- 4 garlic cloves, chopped
- 1 lb chorizos or smoked sausages
- 6 oz morcilla or black pudding

Preparation

Choose a stockpot that holds at least 10 pint (6 liter). Cover the beans, in a bowl, with plenty of boiling water. Put the salt meat (pork belly, brisket or silverside and gammon bone) into the pot and cover with cold water. Bring to the boil, then drain the meat and return to the stockpot.

Drain the beans then add to the pot with the pepper-corns, paprika and saffron and bay leaf. Add 4 pints (2.3 liter) water. Bring slowly to the boil, then simmer very gently on minimum heat for 2 hours. A big pot on a small burner is best, and better still with a heat diffuser (such as the ones used to prepare paella). Check occasionally that the beans are still covered, but do not stir (or they will break up).

Remove the ham bone and salt pork, to cool a little. Strip off the skin and fat, and take about 2 tablespoons of chopped fat for frying (instead, we recommend using olive oli). Sweat this in a frying pan. Fry the garlic lightly, then spoon it into the beans.

Fry the sliced sausages and morcilla or black pudding (discarding artificial casings). Stir into the pot with the pan fat.

Remove all the meat from the gammon bone. Chop it, and the salt pork or beef, and return to the casserole; simmer for a few minutes. Check the seasonings (there should be enough salt from the meat). This dish is distinctly spicy, so fresh green cabbage goes well.

The importance of "tapas"

The Andalusian "tapas" deserve special mention. Some bars offer interminable lists with over a hundred specialities. It is common for bars to prepare two menus - one long version and one with the seasonal products available - and serve each "tapa" with its best accompanying wine.

The only foreseeable problem is that the **Typical Andalusian Tapas** traveller can at first feel rather overwhelmed by the offer, but after a little reflection he will be able to choose between the various delicacies on offer, keeping in mind that the cured ham, fried fish, mini-stews, prawns, king prawns, shrimp omelettes, sea anemones etc. will not be found anywhere else in the world.

There are various modern and normally very imaginative dishes which are a must, including the "secreto ibérico " which really shouldn't be missed.



Spanish Tapas Recipes

In the Mediterranean diet it is typical to begin the food with succulent starters to open up the appetite. Either in complete portions or in half rations - the famous tapas are usually served before the food. Of the endless variety of starters that is possible to find - there is not town that doesn't have his own - we introduce a selection that we believe you will really enjoy.

Pinchitos Morunos: Small Spicy Moorish Kebabs Europe's first kebabs were brought by the Arabs from Africa. Pinchitos morunos are eaten everywhere in Spain as a tapa, though nowadays they are made of pork, rather than lamb. Spices for them are sold ready-mixed in the south. I have used curry powder as part of my mixture as it contains cumin and very similar herbs.

Riñones al Jerez - Sherry Kidneys: Most tapas bars in Spain serve Riñones al Jerez, though at home it can be served with rice or pasta as a main meal. You can add sliced mushrooms to increase the number of portions.

Boquerones en Escabeche: Moorish Pickled Anchovies This is an old, old way of preserving small fish which has survived into modern times because it is so delicious. The coast round Nerja is known for its shoals of fresh anchovies. In Malaga the fish are pressed together into a little fan, four tails together, for frying, but this is not essential to the recipe.

Foie Toast with Jamon Ibérico: This extraordinary and Special Ham deserves its own space. The Iberian Acorn Ham it's exclusive from Spain. Iberian hogs are born, fed and raised in the south and northwest of Spain

Barbecued Mini Ribs: These tasty ribs are known as Costillas in Spain. They are delicious cooked on a barbecue and almost as good when cooked under a

hot grill. If you prefer a sweeter flavor, use freshly squeezed orange juice instead of the sweet sherry.

Fried Black Pudding (Morcilla Frita): 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.

Salt Cod Fritters with Allioli: Bacalao - salt cod - is one of the great Spanish delights, adding flavor to bland ingredients such as potatoes. If you are unfamiliar with it, then this is a delightful way to try it out. Bitesize fish cakes, dipped into rich, creamy, garlicky allioli, are irresistible as a tapas dish or appetizer.

Prawn croquettes: *Croquetas* are ubiquitous in Spain, although they most likely originate from the French 'croquettes'. Their beauty lies in the bechamel base which is then mixed with your particular ingredient of choice to give it a characteristic flavor. The possibilities are almost endless - here we have used prawns.

Gildas: Gilda means lollipop, and the classic Gilda is a simple assembly of a guindilla (Spanish chile pepper), an anchovy and an olive. The combination of good-quality pinkish anchovies, smallish, crisp, unwrinkled chillies and a freshly pitted olive.

Artichokes with clams: Artichokes are a popular vegetable in Spain, especially fresh from the market. They are often served with ham or stuffed with white sauce and ham or meat, etc. Sometimes served cold, they combine well with anchovies and piquillo peppers, or with salmon and capers, or tuna fish with a good olive oil.

Patatas bravas: A classic! Spicy and hot fried potatoes, with a Brava sauce to match!

Stuffed Mussels (Tigres): In Bilbao, these stuffed mussels are called *Tigres* because of their fieriness. I fondly remember the crowded little bars in the old part of Bilbao, where orders of *tigres* would emerge by the dozens from the tiny kitchens.

Empanadas: Empanadas, bread pies stuffed with shellfish, fish or meats, are iconic of Galician cuisine. The crusts and fillings vary from place to place, and nearly every Galician family, restaurant, and tavern claims to have the secret formula for making the best version. Of the many empanadas I have tasted in this beautiful northwestern region, these ones are my favorites - their crust is consistently delicate and delicious.

Bread with Mushrooms and Alioli: This tapa recipe comes from a bar in Madrid. I used to jog around the Retiro and then eat these tostadas washed down with a nice cold caña! When I serve this recipe at a party, it is always the first to go!

Pa amb oli: *Pa amb oli* means "bread with olive oil" in Majorcan, and it is as commonly eaten in the Balearic Islands as *pa amb tomàquet* is in Catalonia.

Pimientos rellenos (Rice-stuffed peppers): The rice to fill these stuffed peppers, which are typical of the mountain towns of Alcoy and Bocairent, cooks in the sweet juices from the tomato and pepper.

Gambas a la plancha (Pan-grilled shrimp): Spaniards love to eat grilled shrimp at the counter of a good tapas bar while sipping a glass of chilled fino sherry or cold beer. The bars are often crowded, leaving little or no space for proper eating, and I find it fascinating to watch the locals skillfully manage to eat shrimp with one hand while holding a drink in the other.

Ensaladilla Rusa (Spanish Potato Salad): This is a popular tapa recipe, made of vegetables and mayonnaise... It is served free in most bars in Spain, along with a beer or a glass of wine.

Spanish Ham Croquettes: Croquetas are a common sight on bar counters and in homes across Spain, served as a tapa, light lunch, or a dinner along with a salad. The jamon serrano in this recipe could be replaced with chopped hard-boiled eggs, shredded salt cod, minced shrimp, chopped chorizo, cheese, or just about any vegetable.

Piperada: Piperada is a filling egg dish, which makes a delicious brunch, and it can also be served as a tapa. A popular variation of this recipe serves the piperada on toasted bread rounds dripping with butter. Either way, this simple egg dish is sure to become a part of your culinary repertoire.

Meatballs in tomato sauce: found in most tapas bars, this traditional dish tastes best when served piping hot straight from the pan. Provide plenty of fresh bread to mop up the juicy tomato sauce.

Garlic-marinated Black Olives: Attesting to the simplicity of tapas, a handful of marinated olives is often ample accompaniment to a glass of chilled sherry in most Spanish tapas bars. Marinated to piquant perfection, these olives are far from ordinary.

Champiñones al ajillo: Few tapas taste more Spanish than champiñones al ajillo (ajillo mushrooms), dripping with olive oil, garlic and dry Spanish Sherry.



URTA A LA ROTEÑA

This recipe is from Rota, a city in the province of Cadiz, which is located in the region of Andalucia (Southern Spain). Urta is a kind of snapper that is local to the area. Rota has had an annual Urta Festival for almost 40 years. Try this simple and delicious dish and see why Rota is crazy about it!

Prep Time: 15 minutes

Cook Time: 1 hour

Total Time: 1 hour, 15 minutes

Ingredients:

- 4 Tbsp Spanish olive oil
- 4 cloves garlic
- 2 large yellow onions
- 3 sweet green peppers (long, not bell)
- 1 26 oz can crushed tomatoes
- salt and pepper to taste
- pinch of nutmeg
- 2 bay leaves
- 2 lbs snapper fillets

Preparation:

This baked snapper rotena Makes 4 servings.

Slice 1 onion into thin rings and seed and cut the peppers into strips. Pour 2 tbsp olive oil into a large frying pan and heat to medium. Sauté 1 onion and peppers. Add the crushed tomatoes, salt, pepper and a pinch of nutmeg. Add the bay leaves. Cook for about 30 minutes.

While the tomato sauce is cooking, prepare the fish and pan. Cut the onion into julienne strips and lightly fry in a pan. Grease a baking dish or casserole dish with a bit of olive oil and spread the strips around on the bottom of the dish. Flour the fish fillets and cut into 3-4 inch pieces. Place fish in baking dish. Cover fish with tomato sauce, spreading evenly.

Preheat oven to 350F degrees. Place in oven and bake until fish is tender, 20-30 minutes.

GAZPACHO

Ingredients:

- 10 oz of bread
- 21 oz of tomato
- 2 cloves of garlic
- 2 onions
- 2 red and green peppers
- 1 cucumber
- 7 tablespoons of oil
- 2 tablespoons of vinegar

Instructions:

In a big mortar mash the garlic and the soaked bread, in a plastic bowl mix the chopped onion, the chopped tomato, the oil, the vinegar, the salt and the contents of the mortar. Then, mash it with the mixer and add very cold water to mix everything. Add salt and strain it. Keep it in the fridge until served.



GALICIAN OCTOPUS

Ingredients:

- 4 quarts water
- 6 tablespoons coarse sea salt
- 1 frozen octopus,
- 1 pound new potatoes, boiled with their skins on a kept warm
- 1 cup extra virgin oil
- 2 tablespoons hot paprika

Instructions:

In a large stockpot combine the water and 5 tablespoons of the salt and bring to a boil. While the water is heating, rinse the octopus under running cold water. Use a kitchen scissors, cut out the mouth and eyes.

With a long fork, pierce the octopus to get a good grip and dip it into the boiling water. Lift out immediately and, when the water returns to a boil, dip it briefly again. Repeat this dipping procedure 3 or 4 times, or until the tentacles have curled. (Dipping the octopus into boiling water helps to tenderize it.) Submerge the octopus in the water and let it boil over medium heat for about 2 hours, or until it is tender when pierced with a knife.

Turn off the heat and let the octopus rest in the hot water for 10 minutes. Lift the octopus from the water and cut it into pieces with the scissors: the tentacles into 1/2-inch-thick rings and the body into small chunks. Divide the octopus pieces evenly among 6 plates.

Cut the potatoes crosswise in 1/2-inch-thick slices and surround the octopus pieces with the potato slices. Drizzle the octopus and potatoes with the olive oil and sprinkle with hot paprika and the remaining tablespoon of salt. Serve the dish while the octopus and potatoes are still warm.



SPANISH OMELETTE (TORTILLA)

Ingredients:

- ½ kilo of potatoes
- 4 eggs
- olive oil (one glass, or ¼ litre)
- salt

Instructions:

Wash and cut the potatoes into slices. Heat the oil in the pan and add the potatoes and the salt. Fry, stirring occasionally. As soon as they are golden colour, remove from the pan.

Beat the eggs well with a pinch of salt .

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. Once the omelette seems to be cooked, use the lid of the frying pan (or a large plate) to tip the omelette out of the pan, add a little more oil and slide the omelette in again, this time putting the less cooked side first into the pan. If you need to repeat this step, so that the omelette is perfectly cooked and golden on both sides, you may do so.



PAELLA

Ingredients:

- 600 grams rice
- half chicken in pieces
- 2 artichokes
- 2 medium-sized red peppers
- 2 mature tomatoes
- black pepper
- garlic
- parsley
- a strand of saffron
- olive oil (1/4 litre)
- ½ lemon
- a sprig each of rosemary and thyme
- salt

Instructions:

Fry the chicken in some olive oil. Put the browned chicken pieces into a pan with 8 glasses of water and bring to the boil. Leave simmering for half an hour. Then cut the artichokes and red pepper and fry them. Fry the tomato and garlic in olive oil in a paellera (special paella pan), then add the rice, stir for a minute and then add the chicken, chicken stock (there should be 6 glasses), artichokes, red peppers, the juice of half a lemon, black pepper, parsley, thyme, rosemary, the saffron strands and salt. Once all the ingredients are in the paella pan, turn the heat up to maximum and boil for about 10 minutes. Then lower the heat and leave to simmer for another 10 minutes. After 20 minutes, the liquid should have evaporated. Turn off the heat, and leave to stand for five minutes. If possible cover while it is standing.



Tarta de Santiago (St. James' Cake)

Tarta de Santiago is a traditional cake from northern Spain. The tarta is dense and rich in flavor and is well-known in Santiago, Spain as a delectable treat used to lure passers-by into restaurants or caf  s.

Strolling down the streets of Santiago, you are bound to be met with a Tarta de Santiago sample as restaurant and cafe owners try to tempt you into their establishment.

Almonds form the base of this delicious tarta which you can enjoy with wine, or a less traditional cup of tea, after dinner.

The traditional cake has a decoration of the Cross of the Order of Santiago. You can use a stencil and then dust the top with powdered sugar so the design remains. If you don't have one of those lying around though " just dust the top with powdered sugar and serve after it cools.



Ingredients

For the base:

1 Egg

- 4 oz Sugar Flour (about two glasses)
- Cinnamon
- A spoonful of Water

For the filling:

- 4 Eggs
- 8 oz Sugar
- 8 oz gm of Ground almonds
- Lemon Rind
- Cinnamon
- Icing sugar

Preparation

To make the base, beat the egg with a spoonful of water, the sugar and a little cinnamon.

Gradually add the flour until it forms a mixture that can be kneaded.

Roll it out with a rolling pin and line the bottom of a tin that has been greased and sprinkled with flour beforehand.

For the filling, whisk the eggs with the sugar and the lemon rind. When it begins to froth, add the ground almonds and the cinnamon.

Fill the tin with this mixture and place in an oven pre-heated to 180°C for about 25-30 minutes.

For the final touch, cut out a St. James cross out of cardboard, place it in the middle of the tart and dust the whole tart with icing sugar. When you remove the cross, the shape will remain engraved on the tart.

TORRIJAS

This “sweet” is traditionally eaten during Lent, the 40-day period before Easter. It is believed that *torrijas* originated in Andalucian convents during the XV century as a way to use up stale bread. Although today it is associated with the cuisine of Madrid, it is a popular breakfast food all over. The British might call *torrijas* bread pudding, while the Americans would probably see it as a Spanish variation of “French Toast.”

Although *torrijas* are a popular breakfast food, they can be eaten any time of the day. There are many variations of this treat – some soften the bread by soaking it in wine, while other variations use milk or water and honey. In Spain, the typical bread would be a French-style baguette, but today *pan de molde* or white bread, such as Wonder bread can be used. Most variations serve it with sugar and cinnamon.

Ingredients

- 4-6 Slices of Stale White Bread*
- 3/4 cup Milk
- 1 Egg
- Vegetable Oil for frying, such as Canola or Corn Oil, NOT olive oil
- 1/8 tsp vanilla extract (optional)
- Sugar and Cinnamon
- Honey
- Serves Four.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

* **TIP:** If you do not have stale bread on hand, lightly toast the sliced bread so that it dries out enough to soak up the milk and not turn to mush.