



International Recipes – Spanish Cuisine

The following are a few recipes for some delicious Spanish foods. Feel free to use them as a way to expand your own meal and treat choices, a home-style meal for your international student if you notice they are missing their traditional food, or even as a nice activity for everyone to do together in the kitchen. We are always happy to see pictures of food!

Patatas Bravas

A very well known and well liked tapas dish. Potatoes in a spicy tomato sauce.

Ingredients: For the sauce:

3 tbsp olive oil
1 small onion, chopped
2 garlic cloves, chopped
227g can chopped tomatoes
1 tbsp tomato purée
2 tsp sweet paprika (pimenton)
good pinch chilli powder
pinch sugar
chopped fresh parsley, to garnish

For the potatoes:

900g potatoes, cut into
small cubes
2 tbsp olive oil



Directions:

Heat the oil in a pan and fry the onion for about 5 mins until softened.

Add the garlic, chopped tomatoes, tomato purée, sweet paprika, chilli powder, sugar and a pinch of salt, then bring to the boil, stirring occasionally.

Lower to a simmer and cook for 10 mins until pulpy. Can be kept chilled for up to 24 hrs.

Heat oven to 200C/180C fan/gas 6.

Pat the potatoes dry with kitchen paper, then tip into a roasting tin and toss in the olive oil and some seasoning.

Roast for 40-50 mins until crisp and golden.

Tip the potatoes into serving dishes and spoon over the tomato sauce.

Sprinkle with some fresh parsley to serve. Remove and keep the oil in the pan.

Gazpacho – A Cold Soup Full of Flavour

This cold soup is made of raw, blended vegetables. The better the tomato, the better the soup.

Ingredients:

1 1/2 pounds of vine-ripened tomatoes (peeled, seeded and chopped)	1/2 cup chopped red bell pepper
Tomato juice	1 small jalapeno, seeded and minced
1 cup cucumber, peeled, seeded and chopped	1 medium garlic clove, minced
1/2 cup chopped red onion	1/4 cup extra-virgin olive oil
	1 lime, juiced
	2 teaspoons balsamic vinegar
	2 teaspoons Worcestershire sauce
	1/2 teaspoon toasted, ground cumin
	1 teaspoon kosher salt



1/4 teaspoon freshly ground black pepper
2 tablespoons fresh basil leaves, chiffonade

Directions:

Fill a 5-6L (6-quart) pot halfway full of water, set over high heat and bring to a boil.

Make an X with a paring knife on the bottom of the tomatoes.

Drop the tomatoes into the boiling water for 15 seconds, remove and transfer to an ice bath and allow to cool until able to handle, approximately 1 minute.

Remove and pat dry. Peel, core and seed the tomatoes.

When seeding the tomatoes, place the seeds and pulp into a fine mesh strainer set over a bowl in order to catch the juice.

Press as much of the juice through as possible and then add enough bottled tomato juice to bring the total to 1 cup.

Place the tomatoes and juice into a large mixing bowl.

Add the cucumber, bell pepper, red onion, jalapeno, garlic clove, olive oil, lime juice, balsamic vinegar, Worcestershire, cumin, salt and pepper and stir to combine.

Transfer 1 1/2 cups of the mixture to a blender and puree for 15 to 20 seconds on high speed.

Return the pureed mixture to the bowl and stir to combine.

Cover and chill for 2 hours and up to overnight. Serve with chiffonade of basil.

Paella – A Famous Spanish Rice Dish

Paella is a classic Spanish food. Feel free to serve it with a baguette and salad to complete the meal.

Ingredients:

Herb Blend:

- 1 cup chopped fresh parsley
- 1/4 cup fresh lemon juice
- 1 tablespoon olive oil
- 2 large garlic cloves, minced



Paella:

- 1 cup water
- 1 teaspoon saffron threads
- 3 (16-ounce) cans fat-free, less-sodium chicken broth
- 8 unpeeled jumbo shrimp (about 1/2 pound)
- 1 tablespoon olive oil
- 4 skinned, boned chicken thighs, cut in half
- 2 links Spanish chorizo sausage (about 6 1/2 ounces) or turkey kielbasa, cut into 1/2-inch-thick slices
- 1 (4-ounce) slice prosciutto or 33%-less-sodium ham, cut into 1-inch pieces
- 2 cups finely chopped onion
- 1 cup finely chopped red bell pepper
- 1 cup canned diced tomatoes, undrained
- 1 teaspoon sweet paprika
- 3 large garlic cloves, minced
- 3 cups uncooked Arborio rice or other short-grain rice
- 1 cup frozen green peas
- 8 mussels, scrubbed and debearded
- 1/4 cup fresh lemon juice
- Lemon wedges (optional)

Directions:

Prepare the herb blend by combining the first 4 ingredients, and set aside.

To prepare paella, combine water, saffron, and broth in a large saucepan.

Bring to a simmer (do not boil). Keep warm over low heat.

Peel and devein shrimp, leaving tails intact; set aside.

Heat 1 tablespoon oil in a large paella pan or large skillet over medium-high heat.

Add chicken; saute 2 minutes on each side. Remove from pan.

Add sausage and prosciutto; saute 2 minutes. Remove from pan.

Add shrimp, and saute 2 minutes. Remove from pan.

Reduce heat to medium-low. Add onion and bell pepper; saute 15 minutes, stirring occasionally.

Add tomatoes, paprika, and 3 garlic cloves; cook 5 minutes.

Add rice; cook 1 minute, stirring constantly. **(NEXT PAGE)**

Stir in herb blend, broth mixture, chicken, sausage mixture, and peas.

Bring to a low boil; cook 10 minutes, stirring frequently.

Add mussels to pan, nestling them into rice mixture.

Cook 5 minutes or until shells open; discard any unopened shells.

Arrange shrimp, heads down, in rice mixture, and cook 5 minutes or until shrimp are done.

Sprinkle with 1/4 cup lemon juice.

Remove from heat; cover with a towel, and let stand 10 minutes.

Serve with lemon wedges, if desired.



Pollo Al Ajillo

Delicious garlic chicken!

Ingredients:

2 1/2 pounds chicken (whole)

1 lemon (juiced)

6 cloves garlic

1/2 teaspoon salt

1/4 teaspoon black pepper

1 1/2 cups olive oil (extra virgin, divided)

1/2 cup white wine

1 bay leaf

1 1/2 pounds potatoes (about 4 medium potatoes; peeled, sliced or cubed)

Optional: 1 cup chicken broth

3 sprigs parsley (flat leaf)

Optional: 1 small hot pepper

1 teaspoon paprika (Spanish sweet)

1 tablespoon red wine vinegar



Directions:

Cut chicken into 10 to 12 pieces. Rinse and pat dry.

Place the chicken in a large glass dish and squeeze lemon juice over it.

Peel 2 garlic cloves and chop finely.

Rub the garlic, salt, and pepper into the chicken. Marinate for 1 to 2 hours.

In a large, heavy-bottomed frying pan, pour 3/4 cup of the olive oil and heat over medium heat.

Remove the chicken from the marinade and drain well.

Place the chicken in the hot oil and brown on both sides.

Remove the chicken from the frying pan and place in a Dutch oven or a covered, deep frying pan. Add the white wine and bay leaf. Cover and simmer on low until the wine is reduced.

While the chicken simmers, peel and cut the potatoes into thin round slices or small cubes.

In a small frying pan, heat the remaining 3/4 cup olive oil on medium high and fry the potatoes.

Remove potatoes and add them to the chicken.

If more sauce is desired, add the cup of broth now.

Reduce the heat to low and continue to simmer, covered.

Finely chop the parsley and sprinkle over chicken.

Peel the remaining 4 cloves of garlic and cut into thin slices.

In the same pan used to brown the chicken, lightly sauté the garlic, and add the hot pepper, if using.

Add Spanish paprika, vinegar, and sugar.

Stir, scraping the bottom of the pan. Pour over the chicken. Adjust the seasoning to taste, and serve.

Pisto – Spanish Vegetable Stew

Ingredients:

3 small zucchini, diced
2 medium red bell peppers, diced
2 medium green bell peppers, diced
4 medium onions, diced
3 small purple eggplants, peeled and diced
2 pounds of ripe tomatoes (the better your tomatoes, the better your pisto), peeled and diced
5 cloves of garlic, diced

A pinch of thyme, rosemary and (optionally) fresh oregano
1 teaspoon of cumin
1 teaspoon of refined sugar (substitute honey or brown sugar for a more natural take)
Salt and pepper to taste
A couple of dried cayenne peppers-- optional (and not traditional)
Extra virgin olive oil

Optional: Fried eggs

Optional: Manchego cheese (or any cured raw sheep's milk cheese)



Directions:

Peels and dice the vegetables as indicated, and layer the eggplant on paper towels then sprinkle with kosher salt. Let them sit at least 10 minutes.

Put two different frying pans on a medium heat and add a splash of olive oil to each.

Add the diced onions to one of the pans, with a pinch of salt.

Sauté over a medium-low heat until they start to turn transparent, then cover the pan and allow them to poach (you don't want them to brown).

Once fully cooked, reserve in a large bowl.

In the meantime, add the peppers to the other pan and sauté over a medium high heat until starting to brown.

Lower to medium and cover for about 10 minutes.

Once cooked through reserve along with the onions.

Rinse the salt off of the eggplant in a mesh strainer.

Follow the same steps as the peppers to cook the zucchini and eggplant (in separate pans).

You want to start cooking them on medium high, and once starting to brown lower the heat and cover until tender (stirring a few times so they don't stick).

Then reserve along with the other vegetables, mixing to make all the flavors combine. **(NEXT PAGE)**

Add all of the spices to the bowl of vegetables and mix well.

Next, add a bit more oil to one of the pans if necessary, and add the diced garlic (and the dried cayenne peppers if using).

Sauté over medium heat until starting to fry.

Then add the peeled and diced tomato to the pan.

Cook over a medium low heat for about 20 minutes, stirring frequently, until you have tomato sauce.

Add the sugar, and adjust for salt.

Now, in a large frying pan, mix the previously cooked veggies with the tomato sauce.

Mix everything well, and cook for 10 minutes over a medium heat. Adjust for salt and spices.

Tips

The most famous pisto dishes in Spain are pisto con huevo (pisto with a fried egg on top) or pisto Manchego (pisto with sliced Manchego cheese on top).

Tortilla Española

Also referred to as a Spanish omelette as it is made with eggs. Typically served at room temperature.

Ingredients:

8 large eggs

Kosher salt

2 cups (475ml) extra-virgin olive oil (see note)

1 1/2 pounds (700g) Yukon Gold potatoes,
peeled, halved, and thinly sliced crosswise

3/4 pound (350g) yellow onions, thinly sliced

Allioli, for serving



Directions:

In a large bowl, beat eggs vigorously with a large pinch of salt until frothy. Set aside.

Meanwhile, in a 10-inch non-stick or well-seasoned carbon steel skillet, heat oil over medium-high heat until shimmering. **(NEXT PAGE)**

Add potatoes and onions; they should gently (but not vigorously) bubble in the oil. Regulating heat to maintain a gentle bubbling, cook, stirring occasionally, until potatoes and onions are meltingly tender, about 25 minutes.

Set a fine-mesh strainer over a heatproof bowl and drain potatoes and onions of excess oil. Reserve oil.

Transfer potatoes and onions to a medium heatproof bowl and season generously with salt, stirring well to combine.

Beat eggs vigorously to re-froth, then scrape potato and onion in and stir until thoroughly combined.

Set aside for 5 minutes.

Meanwhile, wipe out skillet. Add 3 tablespoons (45ml) reserved frying oil to skillet and set over medium-high heat until shimmering.

Scrape egg mixture into skillet and cook, swirling and shaking pan rapidly, until bottom and sides begin to set, about 3 minutes.

Using a heatproof spatula, press the edges in to begin to form the tortilla's puck shape.

Continue to cook, adjusting heat to prevent bottom of tortilla from burning, until beginning to set around edges, about 3 minutes longer.

Working over a sink or garbage can, place a large overturned flat plate or lid on top of skillet, set hand on top (using a dish towel if you are sensitive to heat), and, in one very quick motion, invert tortilla onto it. Add 1 more tablespoon (15ml) reserved oil to skillet and return to heat.

Carefully slide tortilla back into skillet and continue to cook until second side is beginning to firm up, about 2 minutes.

Use rubber spatula to again press the sides in all around to form a rounded puck shape.

Continue to cook tortilla until lightly browned on second side but still tender in the center when pressed with a finger, about 2 minutes longer.

If desired, you can flip tortilla 2 to 3 more times during these last minutes of cooking, which helps to cook the center more evenly and reinforce the shape.

Carefully slide tortilla out of skillet onto a clean plate (or invert it onto a clean plate using same method as before) and let stand at least 5 minutes before serving with allioli.

Tortilla can be cut into wedges for a larger meal or into cubes for an hors d'oeuvre-sized snack.

It is just as good, if not better, at room temperature.

Leftover tortilla can be refrigerated up to 3 days; allow to return to room temperature before serving.

Remaining frying oil can be used in other dishes; it has an excellent flavor thanks to the long cooking with potato and onion.

