

## HEOG 25<sup>th</sup> Anniversary Organic Cookery Demonstration: Influence of Spain

All recipes are for 4 – 6 people depending on how hungry you are!

**David's bit:**

### Paella

*Paella* gets its name from the flat, round frying pan with two handles in which this dish is traditionally cooked and served. In Spain these pans range from six inches in diameter for one portion to about two feet for parties. There are as many recipes as there are cooks, but paella is a perfect party dish, easy to make and easy to serve. It combines its four essential ingredients—saffron, pimentos, Spanish onion and rice—with a selection of the following: fried chicken, diced bacon, ham, veal or pork, *chorizo* sausage, mussels or cockles, prawns or shrimps, and (for special occasions) a lobster.

Preparation: 15 min. Cooking: 25 min.

2 chicken breasts, sliced in 2 cm pieces  
200g chorizo or pork sausage, sliced in 1 cm pieces  
300g large prawns  
100g mushrooms  
100g peas  
1 Spanish onion, finely chopped  
4 cloves garlic, finely chopped  
Tin of plum tomatoes, chopped  
1 pimento (red pepper), cut in strips  
4 tablespoons finely-chopped parsley  
A good glug of dry white wine  
Olive oil and butter for frying  
1 teaspoon cayenne pepper  
1 teaspoon powdered saffron  
750ml stock – boiling  
500g paella rice

- Sauté chicken, and sausage, in butter and olive oil in a *paella* or large frying pan until golden on all sides. Remove meats and reserve
- Sauté prawns in same pan. Remove and reserve
- Add finely chopped Spanish onion, sliced pimentos, and half the garlic to the pan and sauté for a few minutes, add the mushrooms and cook until all are softened.
- Add chopped tomatoes and simmer mixture for about 5 minutes, stirring constantly.
- Return sautéed chicken and sausage to pan; add a good glug of dry white wine; season to taste with salt, pepper and cayenne pepper, and heat through.
- Mix remaining garlic, parsley and powdered saffron in 1 cup of boiling stock or water; add to remaining stock or water and pour over meat; stir well and bring to the boil again.
- Add rice and cook, uncovered, for 15 minutes without stirring. (Some pans and burners won't let you do this!)
- Stir well with a wooden spoon, and check that the rice is nicely softened but not soggy; and that the consistency is just soft enough to spread out slightly when spooned onto a plate. Add half the reserved seafood and the peas, and heat through.

Just before serving, garnish with the some chopped parsley, and the remaining seafood.

## Grilled lamb with crushed Jersey Royals and Romesco sauce

The anchovies might sound like an odd addition here, but they accentuate the flavour of the lamb. A smoking-hot griddle pan or barbecue will give the best results.

Preparation: 30 min. Cooking: 55 min.

2 Anchovy fillets in olive oil  
250g Jersey Royal potatoes, scrubbed  
400g Lamb leg steaks, at least 3cm thick  
1 Banana shallot, diced  
1 Garlic clove, finely chopped  
2 tbsp Chopped flat-leaf parsley  
1 tbsp Sherry vinegar  
1 tbsp Extra virgin olive oil

### Romesco sauce

300g Plum tomatoes (about 4), halved  
½ Red chilli, deseeded  
1 Red onion, cut into quarters  
1 Red pepper, halved and deseeded  
3 Garlic cloves, peeled but left whole  
130ml Extra virgin olive oil  
30g Sun-dried tomatoes  
1½ tbsp Red wine vinegar or sherry vinegar  
1½ tbsp Full-bodied red wine  
75g Blanched hazelnuts  
50g Blanched almonds

- Pound the anchovies with a splash of their oil in a pestle and mortar to form a rough paste.
- Preheat the oven to 180°C/gas 4.
- For the sauce, put the plum tomatoes, chilli, onion and pepper in a roasting tray. Tuck the garlic under the pepper halves. Sprinkle with 2 tbsp olive oil; roast for 50 minutes, or until the veg has started to caramelize.
- Remove from the oven and leave to cool slightly. Skin the peppers.
- Whiz all the vegetables in a blender with the sun-dried tomatoes, vinegar and wine. Add the nuts. With the motor running, pour in the remaining olive oil; it should emulsify into the puree. Check the seasoning and set aside (or cover and chill for up to 4 days).
- Put the potatoes in a pan of salted water. Bring to the boil and simmer for 15 minutes.
- Meanwhile, heat a griddle pan over a high heat. Season the lamb well and massage in the anchovy paste. Griddle for 3 minutes on each side for medium rare; 4-5 minutes each side for medium. Rest on a warm plate for 10 minutes. Reserve any juices.
- Drain the potatoes well. While they are still hot, add the meat juices, shallot, garlic, parsley, vinegar and oil, crushing them slightly as you mix. Season well.
- Carve the lamb and place on top. Spoon over some sauce and serve.

## **Pan-roasted baby squid with tomato, radish and sorrel salad**

This is one of the best ways to eat squid: the hot, smoky flesh contrasts with the clean, cool freshness of the salad. Everything is cut beautifully by the sweet moscatel vinegar. This vinegar may be hard to come by but you can substitute it with a light sherry vinegar. Choose tomatoes that are not overly ripe. This salad requires sharpness and bite, and while the sorrel and radish will do their bit, tomatoes that are too sweet and soft will muddy its flavours.

Preparation: 10 min. + 15 min. macerating. Cooking: 5 min.

15 Radishes, with leaves, washed and quartered, leaves reserved  
120g Tomatoes, such as marmande, sliced into 1cm thick rounds  
100ml Extra virgin olive oil  
100ml Moscatel vinegar or other sweet variety, such as sherry vinegar  
200g Baby squid or larger squid, cut down, cleaned, tentacles reserved  
1 tbsp Olive oil, for cooking  
½ Lemon, juiced  
6 Sorrel or spinach leaves

- Mix the radishes with the tomatoes. Whisk the oil and vinegar together and season well. Pour over the tomatoes and radishes and leave to macerate for 15 minutes in a warm spot.
- Dab the squid with kitchen paper to remove any water (only dry squid will caramelize well on cooking). Heat a large, non-stick pan over a high heat and add the olive oil for cooking. When the pan is near smoking, add the squid and tentacles, and season well. Cook for 2-3 minutes on one side or until golden brown, then turn over and cook for a further 1-2 minutes, until coloured on both sides. Quickly move the squid from the pan onto a plate lined with kitchen paper to drain; squeeze over some lemon juice.
- Season the tomato mixture and stir in the sorrel leaves. Divide between small plates, reserving some of the dressing. Place the squid on top of the salad, followed by some of the radish leaves. Spoon over any extra dressing.

## **Pan con tomate**

This classic Catalan recipe was originally created as a way of using up stale bread and extra tomatoes. The secret here is to use the best-quality bread, tomatoes and olive oil you can get

Preparation: 10 min. Cooking 15 min.

Extra virgin olive oil  
1 loaf good-quality rustic bread, cut into 2cm slices  
3 cloves garlic, peeled and finely sliced  
500g ripe cherry or Vittoria tomatoes, pricked  
½ small bunch fresh flat-leaf parsley, finely chopped

Preheat your oven to 200°C, fan 180°C, gas 6. Drizzle a large roasting tray with extra virgin olive oil and arrange the slices of bread in one layer on the tray and scatter over the sliced garlic. Place a clean, stainless-steel wire rack over the bread. Lay the tomatoes on top of the rack. Give them a good drizzle of extra virgin olive oil and a sprinkle of sea salt and pepper. Put the tray with the wire rack in the hot oven and roast for 10 to 15 minutes.

As they cook, the beautiful juices from the tomatoes will drip down and flavour the bread. Once finished, the tomatoes should be all squidgy and slightly charred. At this point, take everything out of the oven, and use the back of a spoon or fork to press down gently on the tomatoes, squeezing the rest of the juices onto the bread. Remove the wire rack, and discard the skins left behind. Transfer the roasted bread to a wooden board, then drizzle with a bit of extra virgin olive oil and a nice sprinkling of parsley.

## **Ross's bit:**

### **Garbanzos y Espinacas**

2x 400g tin chickpeas  
500g / 1lb spinach, washed  
50g raisins  
3 cloves of garlic  
¾ tbsp cumin seeds  
45 ml dry sherry  
½ tsp sweet, smoked paprika  
salt and pepper  
1 small dried chilli, crumbled

- Fry the garlic, cumin and chilli and cook for 1 minute.
- Add the sherry and raisins and cook for a further 1 minute.
- Add drained chickpeas, add the spinach and cook until spinach is wilted.
- Check the seasoning and serve sprinkled with paprika.

### **Marinated Black Olives**

400g black olives  
2 garlic cloves, crushed  
50ml red wine vinegar  
100ml olive oil  
1 tsp paprika  
pinch cumin, ground  
1 slice of lemon

- Place all the ingredients in a jar and shake them together so that they are well combined. Store them in a refrigerator for up to 3 months, giving them a shake occasionally. Serve the olives at room temperature.

### **Marinated Green Olives**

400g large green olives  
4 garlic cloves crushed  
50 ml olive oil  
50ml white wine vinegar  
pinch dried oregano

- Place all the ingredients in well sealed sterilised jar. Shake the jar so that the ingredients are well combined. Store the olives in a refrigerator for at least 1 day before serving.
- Give the jar an occasional shake to redistribute the marinade. Serve the olives at room temperature.

## Patatas Bravas

675g Potatoes  
1 Red pepper chopped  
60 ml Olive Oil  
2 Garlic cloves sliced  
3 dried chillies chopped  
½ teaspoon ground cumin  
2 teaspoons paprika  
30 ml red wine vinegar  
Coarse sea salt

- Cut the potatoes into 2 cm cubes and roast at 190 C for 45 minutes
- Fry the pepper and garlic until soft
- Add the spices, fry for a minute and then add the vinegar
- Mix the roasted potatoes with the pepper mix
- Scatter with salt and serve

## Gazpacho

800g skinned tomatoes or 2 tins plum tomatoes  
1 small cucumber, peeled  
1 small onion  
2 cloves of garlic  
1 tsp paprika  
3 tbsp Red wine vinegar  
1 slice of white bread, slightly stale and crusts removed  
1 tbsp ground almonds  
3 tbsp olive oil  
Salt to taste

- Blend ingredients in a blender until smooth
- Add water to achieve the required consistency
- Leave to stand in the fridge
- Garnish with chopped cucumber and tomato, serve chilled

## Tortilla

1 medium onion, about 4 oz (110 g)  
10 oz (275 g) small Desirée potatoes  
3 tablespoons olive oil  
5 large eggs  
salt and freshly milled black pepper

- Peel and thinly slice the onion

- Peel the potatoes using a potato peeler and slice them into thin rounds - when they are sliced, rub them in a clean tea cloth to get them as dry as possible.
- Heat 2 tablespoons of the olive oil in the frying pan, add the potatoes and onions. Toss them around in the oil to get a good coating, then turn the heat right down to its lowest setting.
- Let the onions and potatoes cook gently for 20 minutes, or until tender. Turn them over halfway through and shake the pan from time to time, as they are not supposed to brown very much but just gently stew in the oil.
- Meanwhile, break and whisk the eggs in a large bowl and add salt
- When the onions and potatoes are cooked, transfer them to the eggs in the bowl and mix.
- Put the frying pan back on the heat, add the rest of the oil and turn the heat back up to medium.
- Pour the mix into the frying pan and turn the heat down to its lowest setting.
- Cook slowly for 20-25 minutes uncovered.
- Every now and then draw the edge in gently with a palette knife
- When there is virtually no liquid egg left on the surface of the omelette, turn it over to cook the other side by transferring it onto a plate
- Cook for a further 5 minutes
- Serve hot or cold, cut in wedges.

## **Ajillo Mushrooms**

Serves 4

1/4 cup (2 fl. oz) olive oil  
 4 cups (8 oz) mushrooms, wiped clean and quartered  
 6 cloves garlic, minced  
 3 tablespoons dry sherry  
 2 tablespoons lemon juice  
 1/2 teaspoon dried red chilli, seeded and crumbled  
 1/4 teaspoon Spanish paprika  
 Salt and pepper, to taste  
 2 tablespoons chopped parsley

- Heat the oil in a skillet and sauté the mushrooms over high heat for about 2 minutes, stirring constantly.
- Lower the heat to medium and add the garlic, sherry, lemon juice, dried chilli, paprika, and salt and pepper.
- Cook for about 5 minutes or until the garlic and mushrooms have softened.
- Remove from the heat, sprinkle with chopped parsley, and serve on small earthenware platters.