

An Artistic Experience of Spain

AMEN Gourmet ~ January, 2014

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Spanish Sangria

750 ml bottle of Red Wine (Cabernet Sauvignon, Merlot, Rioja reds, Zinfandel, Shiraz)

1 - Lemon cut into wedges

1 – Orange cut into wedges

2 Tbsp Sugar

1 Shot Brandy

2 Cups Ginger Ale or Club Soda

Pour wine in the pitcher and squeeze the juice wedges from the lemon and orange into the wine. Toss in the fruit wedges (leaving out seeds if possible)

Add sugar and brandy. Chill overnight

Add ginger ale or club soda just before serving

Additional Ideas: Sliced strawberries, diced peaches, a handful of fresh blueberries, raspberries, kiwi slices, a shot or two of gin, brandy or rum.

Canapes de Queso with Caramelized Onion

Ingredients:

1 brioche-type loaf of bread

1 smoked Liebana Quesuco cheese or substitute regular goat cheese

Caramelized onion:

1lb 2 oz onions

4 tbsp brown sugar

4 tbsp oil

4 tbsp vinegar

Salt

Makes 4 servings.

Preparation:

Caramelized onions: Finely slice the peeled onions and place in a pan with the sugar, vinegar, oil and salt. Simmer until any liquid has evaporated and the onions are beginning to caramelize. The process can be speeded up by cooking the ingredients in a covered container for 15 minutes in the microwave, then quickly boiling off any excess liquid.

Slice the bread into medium-sized slices, trim any rind off the cheese and cut it into wedges. Place one wedge of cheese on each slice of bread then top with a spoonful of caramelized onion. Place the canapes in a hot oven 350 degrees F for 15 minutes to quickly melt cheese. Serve hot, direct from the oven.

Catalan Tomato Bread

Ingredients:

1 fresh loaf of crusty bread

1 fresh tomato

1 clove garlic

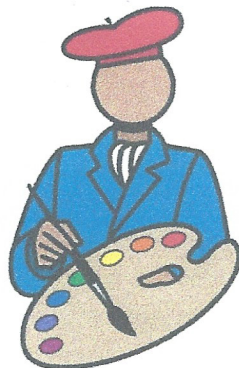
Extra virgin olive oil

Sliced Serrano ham or substitute regular ham

Preparation:

Cut the bread in half lengthwise and toast under a broiler.

Cut the garlic clove in half and gently rub on the toasted surface of the bread. Drizzle on a small amount of extra virgin olive oil. Cut the tomato in half and rub it against the surface of the bread until it is coated but not soggy. Add room temperature slices of ham and serve.



Sweet & Sour Iberico Ham Salad

Ensalada Agridulce de Jamon Iberico

Ingredients:

9 oz Iberico ham or Jamon Serrano in very fine slices

1 Mango

1 Pink Grapefruit

2 Limes

4 or 5 Walnuts – Shelled and Peeled

Endives

Lollo rosso lettuce or other ruffled edge red leaf lettuce

Dressing:

½ cup virgin olive oil

2 tbsp sherry vinegar

Half a red onion

1 tbsp sugar or honey

1 tbsp grain mustard

Salt and Pepper

Preparation: Wash and drain the leaves and cut but not too small. Scrub the outside of the limes with a brush under running water and slice thinly. Peel the mango and cut into segments. Peel the grapefruit, divides into segments. Arrange the Iberico ham slices to one side of the serving dish, with the mixed salads, fruits and nuts on the other. Dress with the sweet-sour mixture.

Dressing: Dissolve the mustard, sugar and salt in the vinegar and then add the oil.

Beat until an emulsion forms, then add the very finely-chopped or sliced onion

Mixed Seafood Paella - *Paella de Marisco*

Makes 4-6 servings.

Prep Time: 45 min.

Cook Time: 1 hr. 10 min.

Ingredients:

4 1/2 cups clam or seafood broth

1 tsp thread **saffron**

1 dozen mussels

1 dozen small clams

12 large shrimp in shells

Sea salt

2 tbsp parsley, minced

8 cloves garlic, minced

1 tbsp fresh thyme

2 tsp **sweet smoked paprika**

8 tbsp **olive oil**

1 medium onion, chopped

6 scallions, chopped

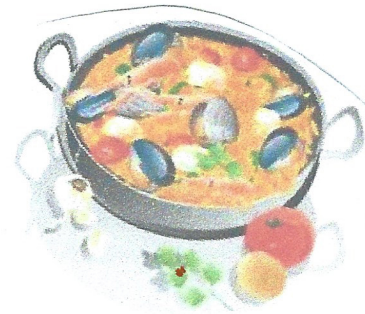
1 red bell pepper, finely chopped

1 cup canned, drained, diced tomato

1 1/2 cups **Bomba paella rice** or **Calasparra paella rice**

Lemon wedges

Alioli (garlic mayonnaise)



Preparation:

Heat the broth in a large pot. Stir in saffron. Keep broth warm and allow saffron to steep. With a food processor running, drop the 8 cloves of garlic into the machine to mince the garlic. Stop the machine and add the parsley and thyme. Run the machine again to mince into a paste. Stir in paprika; add water if necessary to form a paste. Heat 8 tbsp of oil in 13" paella pan over medium high heat. Add onion, scallions and bell pepper to paella pan and cook until the vegetables are slightly softened. Raise heat, add tomato and cook until it becomes sauce-like, 2 to 5 minutes. Stir in parsley paste. Add rice to the pan. Stir to coat rice with sauce. Continue for 2 minutes. Spread rice mixture evenly across the pan. Pour in the hot broth and bring to a boil. Boil for 3 minutes, stirring rice and rotating pan occasionally. Taste for salt. Do not stir after this point. Lower the heat, continue to simmer until rice is no longer soupy but enough liquid remains to continue cooking the rice (about 10 min.). Add extra liquid if necessary.

Arrange shrimp, clams and mussels over rice, placing edges of mussel and clam shells so they open facing up. Cook, uncovered, for 15-20 minutes until rice is almost done. Remove pan from the heat and cover with foil. Let sit 10 minutes. Garnish with lemon wedges and serve with fresh alioli.

Recipe adapted from a La Tienda recipe at latienda.com

Alioli Garlic Mayonnaise - *Alioli*

The essential hand made mayonnaise sauce. Perfect with rabbit, lamb chops, tortilla, paella and just about anything else!

Prep Time: 10 min.

Cook Time: 0 min.

Ingredients:

1 egg, very fresh

2 tbsp chopped garlic

1 cup of **extra virgin olive oil**

1/2 tsp salt

Preparation:

Place the egg and chopped garlic in a blender or food processor. Whirl until garlic is smooth. With the motor running, add the oil in a slow stream, until the sauce is thick and emulsified. Add salt to taste.

The sauce should be creamy and will have a nice garlic bite. If the alioli is runny, this may mean that the egg was old. To fix this problem, either try again with a fresher egg, or add store-bought mayonnaise to the sauce.

Recipe courtesy of Spain GourmeTour magazine.



Custard-filled Pancakes with Brandy

Tortitas Rellenas de Natillas al Aguardinte

Pancake Ingredients:

1 Quart Milk

14 oz Plain Flour

6 Eggs

½ Glass of Brandy

Pinch of Salt

Lump of Pork Fat

Mix all the pancake ingredients to make a liquid batter and leave to rest

Custard Ingredients:

1 Quart Milk

A Curl of Lemon Zest

Pinch of Cinnamon

8 Egg Yolks

7 oz Sugar

3 ½ oz Cornstarch

Vanilla Extract to taste

Mix egg yolks with the sugar and cornstarch. Heat the milk slowly with the lemon zest and cinnamon and when it comes to a boil remove from heat. Stir in egg yolk mixture cook over low heat until the custard thickens stirring constantly. Cool

Sieve the rested pancake batter to remove lumps. Heat a heavy-bottomed frying pan over high heat with the pork fat and make pancakes frying them until they are golden brown on both sides. Pile them up, separating them with grease-proof or waxed paper. When they are cool fill with a few spoonfuls of custard roll and sprinkle with a little brandy.



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Sweet & Sour
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Mixed Seafood Paella



Custard Filled Pancakes
with Brandy