

## SPANISH TAPAS RECIPE:

### Tuna, egg and tomato salad



#### Basic ingredients

- 1 large tomato
- 1 small tin of tuna
- 2 hard boiled eggs
- 2 spring onions
- a few green olives
- 1 clove of garlic
- 2 tbsp extra virgin olive oil
- 2 tbsp white wine vinegar
- salt and pepper

#### Steps:

1. Chop the tomato and egg into small cubes place in a bowl and set aside
2. Finely chop the spring onion then crush the green olives (remove the stones first) and add to the tomato and egg
3. Drain the tuna and add to the above ingredients mixing all together
4. Make the dressing by mixing the olive oil, vinegar and garlic (crushed) in a jam jar - shake the jam jar then pour the dressing over the salad
5. Season with salt and freshly ground black pepper and serve with some roughly cut chunks of white bread

# Stuffed Tomatoes

*Tomates Rellenos*



This one is a simple recipe, very handy when preparing a barbeque or a picnic party. Tomatoes here are used as a container for a delicious Spanish stuffing. If you don't like garlic, you can use plain mayonnaise instead of alloli (typical spanish garlic mayonnaise).

## Ingredients

- 8 small tomatoes, or 3 large ones
- 4 hard-boiled eggs, cooled and peeled
- 6 tablespoons alloli or mayonnaise
- Salt and pepper
- 1 tablespoon parsley, chopped
- 1 tablespoon white breadcrumbs, if using large tomatoes

## Preparation

Skin the tomatoes, first by cutting out the core with a sharp knife and making a '+' incision on the other end of the tomato. Then place in a pan of boiling water for 10 seconds, remove and plunge into a bowl of iced or very cold water (this latter step is to stop the tomatoes from cooking and going mushy).

Slice the tops off the tomatoes, and just enough of their bases to remove the rounded ends so that they will sit squarely on the plate. Keep the tops if using small tomatoes, but discard those large tomatoes. Remove the seeds and insides, either with a teaspoon or small, sharp knife.

Mash the eggs with the alloli -or the mayonnaise, if using- salt, pepper and parsley. Stuff the tomatoes, firmly pressing the filling down. With small tomatoes, replace the lids at a jaunty angle. If keeping to serve later, brush them with olive oil and black pepper to prevent them from drying out. Cover with clingfilm and keep.

For large tomatoes, the filling must be firm enough to be sliced. If you make your own mayonnaise, thicken it by using more egg yolks. If you use shop-bought mayonnaise or alloli, add white breadcrumbs until the mixture reaches the consistency of mashed potatoes.

Season. Fill the tomatoes, pressing down firmly until level. Refrigerate for 1 hour, then slice with a sharp carving knife into rings. Sprinkle with chopped parsley.

## RECIPE FOR CHICKPEA SALAD



### Basic ingredients

- 1/2 kg chickpeas (approximately 1 lb.)
- hard boiled eggs
- 4 red peppers (pimientos del piquillo)
- small bunch of spring onions
- 1 small clove of garlic
- 1 large tomato
- fresh parsley
- extra virgin olive oil
- white wine vinegar
- salt and pepper
- 50g cured ham (about 2 oz.)

### Steps:

1. Drain and rinse the chickpeas (if using dried chickpeas soak overnight and then boil the next day in a pressure cooker for 10 mins or boil for 1 hour 10 mins in a pan)
2. Prepare the tomato by blanching it and removing the skin and pips following this cut it into small cubes and place in a bowl
3. Add the red peppers to the tomato (if you can't find the spanish pimientos del piquillo you will need to roast the red peppers for about 20 mins and then remove the skin and cut into strips)
4. Cut the cured ham into small squares and add to the bowl. Dress with extra virgin olive oil and white wine vinegar over and season with salt and pepper
5. Add the chickpeas to the salad mixture
6. Garnish with fresh parsley and serve

### Tips and ideas:

- If using dried chickpeas soak them overnight and then boil the next day in a pressure cooker for 10 mins or boil for 1 hour 10 mins in a pan
- Make sure you drain and rinse the chick peas well
- Make sure the chickpeas have had time to cool down before adding them to the salad
- To cut down on preparation time use preprepared chickpeas from a tin

# spanish caramel custard

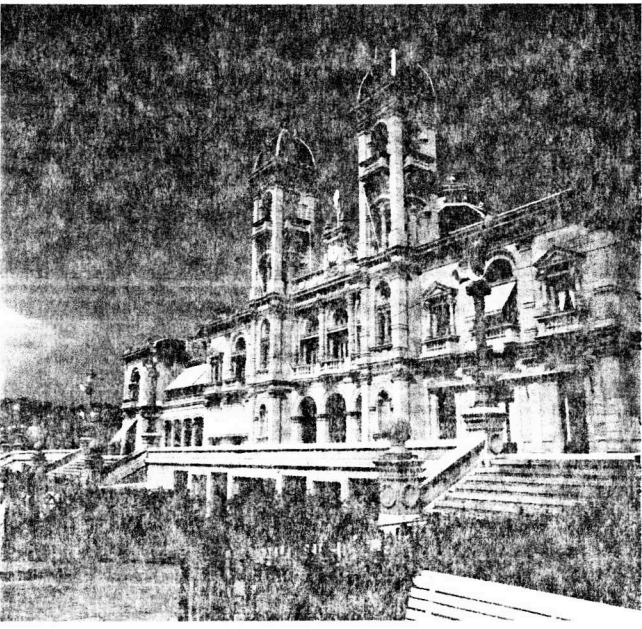
## **quesillo de caramelo**



*This is possibly the best-known Spanish dessert outside Spain, which isn't surprising as it is probably the most popular in Spain. You'll find this on menus everywhere, although in Valencia it is often made with orange juice, rather than a custard base. What is common to most tart recipes, however, is the use of extra egg yolks, which give richness (sherry producers once clarified their product with egg whites, so clever cooks developed recipes that made the most of the leftover yolks).*

**SERVES 6**

- scant 2½ cups whole milk
- ½ orange with 2 long, thin pieces of rind removed
- 1 vanilla bean, split, or ½ tsp. vanilla extract
- scant 1 cup superfine sugar
- butter, for greasing the dish
- 3 large eggs, plus 2 large egg yolks



1 Pour the milk into a pan with the orange rind and vanilla bean or extract. Bring to a boil, then remove from the heat and stir in ½ cup of the sugar; set aside for at least 30 minutes to infuse.

2 Meanwhile, put the remaining sugar and 4 tablespoons of water in another pan over medium-high heat. Stir until the sugar dissolves, then boil without stirring until the caramel turns deep golden brown.

3 Immediately remove the pan from the heat and squeeze in a few drops of orange juice to stop the cooking. Pour into a lightly buttered 5-cup soufflé dish and swirl to cover the base; set aside.

4 When the milk has infused, return the pan to the heat, and bring the milk to a simmer. Beat the whole eggs and egg yolks together in a heatproof bowl. Pour the warm milk into the eggs, whisking constantly. Strain this mixture into the soufflé dish.

5 Place the soufflé dish in a roasting pan and pour in enough boiling water to come halfway up the sides of the dish. Bake in a preheated oven, 325°F, for 75–90 minutes until set and a knife inserted in the center comes out clean.

6 Remove the soufflé dish from the roasting pan and set aside to cool completely. Cover and chill overnight.

7 To serve, run a metal spatula around the side of the dish, then invert onto a serving plate with a rim, shaking firmly to release.

*San Sebastian is a thriving cultural center and a popular destination for tourists*

# feisty potatoes

*patatas bravas*



*This classic Catalan tapas is not called "feisty" for nothing—the sauce should be hot. You will find as many "authentic" recipes for this dish as there are cooks in Spain. Every cook has their own way: sometimes the potatoes are deep-fried, and often the garlic-flavored mayonnaise and chili oil are mixed together. This version is similar to the way they are served at Bar Tomás in the fashionable Barcelona neighborhood of Sarrrià. The bar's patatas bravas have been voted among the city's best by La Vanguardia newspaper.*

## SERVES 6

*for the Chili Oil*

**$\frac{2}{3}$  cup olive oil**

**2 small, hot red chiles, slit**

**1 tsp. hot Spanish paprika**

**1 recipe Pan-Fried Potatoes (see next page)**

**1 recipe Garlic Mayonnaise (see next page)**

**1** To make the chili oil, heat the oil and chiles over high heat until they start to sizzle. Remove from the heat and stir in the paprika. Set aside and let cool, then transfer to a pourer with a spout; do not strain.

**2** Pan-fry the potatoes, and while they cook make the Garlic Mayonnaise.

**3** To serve, divide the potatoes between six plates and add a spoonful of Garlic Mayonnaise to each. Drizzle with chili oil and serve warm or at room temperature. In Spain these are served with toothpicks.