

# *Albondigas (Tapas Spanish Meatballs)*

## INGREDIENTS

- **For The Meatballs**
- 1 ½ Tbsp olive oil, divided
- ½ onion, minced
- 2 cloves garlic, crushed
- 1 c fresh white bread, torn into small pieces
- ¼ c beef stock (we prefer low sodium)
- ½ lb ground pork
- ½ lb ground beef
- 1 egg
- 2 Tbsp grated Manchego cheese (or Parmesan)
- 1 Tbsp parsley
- ½ tsp salt
- ¼ tsp ground black pepper
- **For The Sauce**
- 1 tsp olive oil (if needed)
- 1 onion, minced
- 2 c crushed tomatoes
- ½ c red wine (pinot noir, cabernet sauvignon, or merlot)
- ¼ c beef stock (we prefer low sodium)
- 1 tsp paprika
- ½ tsp salt

## PREPARATION ~ Pre-heat oven to 400°

1. **For The Meatballs** ~ In a small sauté pan, heat ½ Tbsp oil over medium heat. Add the onion and garlic. Sauté until softened, 3-5 minutes. Set aside to cool.
2. Place the torn bread in a small bowl and pour the stock over it. Let the bread soak up the stock for 2-3 minutes.
3. In a medium bowl, combine the ground pork, ground beef, egg, grated cheese, parsley, salt, and pepper. Add the cooled onion mixture and soaked bread. Using a large fork or your hands, mix the ingredients until evenly combined. Roll the meat mixture into 1 inch balls and place on sheet pan oiled with olive oil. Bake meatballs for 15-18 minutes .
4. **For The Sauce** ~ Heat the oil over medium high heat in sauté pan and add the minced onion for the sauce. Sauté the onion until softened, 3-5 minutes.
5. Add the crushed tomatoes, beef stock, wine, paprika, and salt. Mix well and bring the sauce to a simmer. Add the meatballs and reduce the heat to medium low. Simmer the meatballs and sauce for 15-20 minutes, until the meatballs are cooked and the sauce is thick. Serve the meatballs with crusty bread and a glass of red wine.

# Tortilla de Patata

*This is the most commonly served dish in Spain, whether as a tapa at bars and cafés or as part of a light dinner in Spanish homes. The Spanish often make bocadillos or sandwiches by placing a piece between two pieces of a baguette. Serves 8-10 as a tapa, 5 or 6 as part of a meal.*

## INGREDIENTS:

- 2 lb small, waxy potatoes
- 2 whole yellow (Spanish) onion
- 6 extra large eggs
- 3 extra large egg whites
- about 3-6 TBSPs olive oil
- Sea salt to taste
- finely ground black pepper, to taste
- ½ tsp cumin
- Sofrito (see recipe below)
- fresh flat leaf parsley, roughly chopped, for garnish

## PREPARATION:

1. Cut the peeled potatoes in half lengthwise. Then, with the flat side on the cutting surface, slice the potato in pieces approximately 1/8" thick. Make sure to separate the pieces that stick together. It is not necessary to slice the potatoes paper thin. NOW, slice the onion into thin rings
2. In a large, heavy, non-stick frying pan, heat 3 TBSPs olive oil on medium high heat. Drop a small piece of potato into the oil to ensure it is hot enough. Carefully place the potato and onion mixture into the frying pan, spreading them evenly over the surface. Cook over low heat for 20 minutes - until potatoes are **just** tender. Slide potato-onion mixture into stainless or glass bowl and set aside. Wipe pan out with paper towels and set aside.
3. Now, crack eggs into a large mixing bowl, add a little salt and pepper and the cumin and whisk briskly. Stir in the potato onion mixture. Mix together with a large spoon.
4. Heat the remaining oil and pour in the potato mixture. Be careful not to get the pan too hot because the oil - or the *tortilla* will burn! Cook very gently for 5-8 minutes until it sets up underneath. During the cooking process, lift the edges and allow uncooked egg to run underneath. Shake the pan from side to side to prevent sticking. (Carefully drizzle a bit of olive oil around edges - with pastry brush) if it seems to be sticking.)
5. Place a large heatproof plate upside down over the pan, invert the tortilla onto the plate and then slide it back into the pan. (BE sure the pan doesn't need a bit more oil before sliding the tortilla back in!) Cook for 2-3 minutes more until underside is browned.
6. Carefully slide the omelet onto a plate! To serve as a main course, slice it into 6-8 pieces like a pie. Serve sliced French bread on the side. If you are serving as a tapa, just cut into bite sized pieces, top with a dollop of sofrito, sprinkle with a bit of parsley and spear with a party pick.

## ***Patatas Bravas Sauce***

*This sauce is an essential element of Spanish patatas bravas. Adjust it to your taste by varying the level of spiciness! --Author: Melissa Haun*

### **INGREDIENTS**

- 2/3s cup of olive oil
- 2 tsps of pimentón picante (hot smoked paprika)
- 4 tsps of pimentón dulce (sweet smoked paprika)
- 2 TBSPs flour
- 2 cups of chicken broth
- Salt to taste

### **INSTRUCTIONS**

1. Heat the olive oil in a small saucepan over medium heat.
2. Remove the pan from the burner before it starts to smoke.
3. Add the pimentón dulce and pimentón picante, and stir until they form a paste.
4. Stir in the flour until combined.
5. Add the broth little by little, stirring constantly, until the sauce reaches the desired consistency.
6. Season with salt to taste. Pour over some fried potatoes and enjoy!

### ***Notes***

*The finished product should be bright orange and neither thin nor creamy. You can adjust the level of spiciness by increasing the ratio of pimentón picante, or by adding a bit of hot sauce!*

# *Antonia's Croquetas de Jamón Serrano Recipe*

*This easy and delicious croquetas de jamón serrano recipe is my mother-in-law's favorite. -- Author: Lauren Aloise ~ Serves: 24*

## **INGREDIENTS**

- ~ 60 grams/4 T unsalted butter
- ~ 60 grams/1/4 C olive oil
- A bit less than 1 C of flour (120 grams)
- One medium onion very finely diced
- 1 Liter (~1/4 gallon) whole milk at room temperature
- A pinch of nutmeg
- 1 packet (250 grams) of jamón Serrano diced into small pieces
- Flour for breading
- 2 beaten eggs
- Bread crumbs (try Panko for non-traditional extra crispy croquettes!)

## **INSTRUCTIONS**

1. Melt the butter and warm the oil in a medium size pan over medium-high heat. Add the onion and sauté for a few minutes until it just starts to brown. Add a pinch of salt and the nutmeg (not too much because Serrano ham is already quite salty).
2. Add the diced ham and sauté for 30 seconds more. Add the flour and stir continually, until the flour turns a light brown color. **You must not stop stirring** or the flour will burn!
3. When the flour changes color, add the milk little by little, always stirring until you incorporate the entire amount. It should take about 20 minutes to add it all.
4. Turn off the heat and let the dough cool a bit. Butter the sides of a large bowl or plastic wrap and wrap the croquette dough inside, covered directly with plastic wrap. Refrigerate a minimum of 4 hours but preferably overnight. To make the ham croquettes shape them into little logs (or use a pastry sleeve if you have one).
5. Next, while heating a pan full of olive oil on the stove, pass the croquettes through the breading process. First, cover them in flour, then in egg, and, finally, in the breadcrumbs. Fry the ham croquettes in the hot oil and let them cool a few minutes before enjoying!

# ***Creamy Potato Croquettes***

*... easy to make and a delicious snack any time of day.*  
Author: Lauren Aloise ~~~ Serves: 20 croquettes (approx.)

## **Ingredients**

- 8 tablespoons (120 grams) of unsalted butter
- 1 cup (120 grams) of all-purpose flour, sifted
- 2¼ cups (535 ml) whole milk, at room temperature (important!)
- 2 cups (475 ml) light cream, at room temperature (important!)
- 4 tablespoons (60 grams) of unsalted butter, cut into cubes
- 4 medium sized potatoes
- Salt

## **Instructions**

1. Wash and peel the potatoes and cut them into equal sized chunks. Cover them with cold water and bring to a boil. Add salt and boil until a butter knife pierces through easily. Strain all water and mash.
2. Set apart 2 heaping cups of the potato puree for the recipe. Make the bechamel sauce by first melting the 8 T of butter on a medium heat in a heavy saucepan. Once it is melted, slowly add in the flour, always stirring so that it doesn't stick. Stir constantly for about 5 minutes to completely cook the flour. Finally, add the milk and cream, a little at a time, alternating between additions over about a half an hour, constantly stirring.
3. When you have a creamy bechamel without any lumps, add the mashed potato (which should still be hot) and a pinch of salt.
4. Using either a hand blender or a countertop blender, blend the sauce while adding the cubed butter. When the mixture is smooth, let it cool completely, for at least 4 hours in the refrigerator (or to speed this up spread it on a cookie sheet, covered with clingfilm).
5. Finally, form the croquettes with your hands and dip them in beaten egg followed by breadcrumbs.
6. Let the formed croquettes rest in the fridge for another hour or so before frying them for best results (they could also be frozen at this point). Fry the croquettes in hot olive oil (if possible) or vegetable oil/sunflower oil if not. Let the potato croquettes rest on paper towels and serve hot with dipping sauces if desired.

# ***Chorizo y Gambas –***

## ***Grilled Spanish Sausage & Shrimp, w/Sofrito***

***Get fresh, fresh shrimp if you can, defrost frozen if you must. TAKE CARE not to overcook the shrimp! They don't take long at all!***

### **INGREDIENTS**

- 10 raw king prawns, scampi, large shrimp etc. \*
- 5 large Chorizo links, cut in half lengthwise, then in half horizontally
- about 3-4 TBSPs olive oil
- Zest and juice of ½ a lime
- 1 tsp Spanish Paprika
- ½ tsp cumin
- 3 TBSPs brandy - optional
- Handful of parsley, chopped finely

\*Devein the prawns, cutting fairly deeply along the back so they butterfly a little as they cook.

### **PREPARATION**

1. Soak skewers in water for 30 minutes, then remove and wipe lightly with bit of olive oil.
2. Marinate chorizo and shrimp in the olive oil, lime juice, paprika and cumin for 20-30 minutes. Remove from marinade. Sauté the chorizo for about 3 minutes in a hot pan, remove and cool. Place with the shrimp onto the prepared skewers (1 shrimp and 1 chorizo per skewer). Discard marinade.
3. Brush with the brandy, if using, let sit for a minute, then grill for a few minutes - just until shrimp turns pink.

# Sofrito

*This basic tomato sauce is made all over Spain and used in a number of ways. Tomatoes, onions, garlic, green peppers and olive oil are sautéed in a frying pan, so that the acid in the tomatoes mellows and mixes with the flavors of the onion, pepper and garlic. It can be eaten with rice or eggs, but often it is used as an ingredient in other dishes, such as the filling for empanadas.*

## INGREDIENTS:

- 1 can crushed tomatoes (28-29 oz)
- 1 long green pepper (Anaheim or other type that is not “hot”)
- 1 yellow onion
- 1 clove garlic
- Extra Virgin Spanish olive oil
- 1 tsp Spanish sweet paprika
- salt and pepper to taste

## PREPARATION:

1. Finely chop the onion and garlic. Chop the pepper into 1/4" (or smaller) pieces.
2. Heat a large frying pan with a heavy bottom over medium heat. Pour in enough olive oil to coat the bottom of the pan. Put the onions into the pan and sauté them until they are transparent, reducing the heat if necessary so as not to burn them.
3. Add the green pepper and continue to cook for 5 minutes, adding olive oil if necessary. Be sure to stir often, to vegetables do not burn.
4. Add the minced garlic and sauté for 1 minute more.
5. Pour the crushed tomatoes and paprika into the pan and mix well. Continue to cook for about 10-15 minutes.

NOTE: If using as an ingredient in another recipe, allow to cool for a few minutes before using.

# ***Tostadas de Pisto – Toasted bread topped with eggplant, peppers, onions, zucchini, tomato & olive oil***

*Little pies are part of the Moorish tradition in Spain; the Arabs were the first to bring spinach to Europe, and pine nuts and raisins are typical Arab ingredients. You can either use puff pastry or pre made pie crust dough for these.*

## **INGREDIENTS:**

- 1 or two rustic baguettes or batards -- day old
- 1 large eggplant
- 2 medium zucchini
- 1 onion
- 7 or 9 medium tomatoes
- 1 mild green pepper
- 1 mild red pepper
- 
- 1/2 cup virgin olive oil, total, or more to taste
- 2 teaspoons wine vinegar
- 2- 4 garlic cloves, chopped
- 1 teaspoon of thyme
- ground black pepper
- coarse sea salt OR kosher salt to taste

## **PREPARATION:**

1. Slice bread into ½” thick slices - on the diagonal and toast in 350° oven (on the rack) until browned. Remove and rub with fresh garlic clove

### **The Pisto:**

1. Preheat oven to 375°. Brush 2 sheet pans with olive oil and sprinkle with a bit of coarse sea salt OR Kosher salt.
2. Then, make the marinade for the squash and eggplant: mix the garlic, pepper, salt, thyme, and 1 teaspoon of the vinegar with 1/4 cup of the olive oil.
3. Slice both the eggplant lengthwise, about 3/8 inch thick, THEN slice the zucchini lengthwise, about 1/4 inch thick. NOW cut into small chunks.
4. Toss the eggplant and zucchini with the marinade. Work quickly to coat everything evenly, or else one or two eggplant slices will soak up all of the marinade.
5. Peel the onion and cut it in half, and cut the peppers in half lengthwise - leave the tomatoes whole.
6. Place eggplant-zucchini mixture on one of the prepared pans and roast until soft -- about 15-20 minutes. Remove and pour into large glass or ceramic bowl - make sure to get all of the juices!
7. While that is cooking, place the onions, peppers and tomatoes onto the other pan and brush the tops with olive oil. As soon as you remove the eggplant-zucchini mixture, put the oven up to 450°. Put them into the oven immediately and roast for about 10 minutes - until well browned -- maybe some char on the peppers.
8. Peel skins off of peppers, cut peppers and onions into small chunks, combine with the eggplant-zucchini mixture and gently squeeze the tomatoes into the mixture and stir to combine. Let cool and refrigerate until ready for use. Scoop a spoonful onto the garlic toasts and serve

# *Ensalada de Naranjas*

*This salad is often served in the winter months, when other salad ingredients are harder to come by. You can add chopped romaine lettuce to stretch it more.*

## **INGREDIENTS**

- 6 Navel or blood oranges, sectioned
- 1 large red onion, cut into paper thin slices
- Pitted black olives
- 1 TBSP finely chopped mint
- mint sprigs for garnish
- ½ tsp finely ground black pepper
- about 6 TBSPs good quality EVOO
- 2 TBSPs red wine or sherry vinegar

## **PREPARATION:**

1. Section the oranges over a bowl or plate and set aside – DON”T lose the juice!
2. Layer oranges and onion slices on platter, drizzling each layer with the olive oil and vinegar and sprinkling with pepper and mints.
3. Let sit for about 30 minutes-1 hour.
4. Garnish with olives and mint sprigs.

# ***Ceviche de Mariscos***

## ***Marinated Seafood Salad w/Shrimp, Scallops and Tilapia***

### **INGREDIENTS**

- 1 lb of the freshest tilapia filets you can find (red snapper is great, too!)
- 1 lb shrimp (16-20 count works best), blanched in the shell until just cooked through, cooled and peeled.
- 1 lb sea scallops
- 1 cup fresh lime juice
- 1 small sweet onion, minced
- 6 plum tomatoes, seeded and diced
- 1-2 jalapenos, roasted, peeled, stemmed, seeded and minced fine
- 1 TBSP fresh coarsely chopped cilantro
- about 2 TBSPs extra virgin olive oil
- 1½ TBSPs kosher salt
- ½ tsp coriander powder or cumin
- ¼ cup fresh orange juice

### **FOR GARNISH**

- 2 small avocados, seeded, diced and tossed in lime juice for garnish
- several sprigs cilantro for garnish
- lime wedges for garnish

### **PREPARATION**

1. Skin and dice the fish into 1/3 inch cubes
2. Dice the shrimp and set aside
3. Cut the scallops into quarters if large, half if smaller
4. Place the onions, lime and fish into a large non reactive bowl and marinate in the refrigerator for 4 hours, stirring occasionally.
5. Drain lime juice away using a colander.
6. Place the onions and fish into a large work bowl and add the tomatoes, salt, jalapeno, cilantro, olive oil, shrimp and orange juice.
7. Stir, season to taste, then garnish w/the limes, herb sprigs and avocado to serve

## ***Pinchitos Morunos***

*The Moors introduced both skewers and marinated meat to Spain. These little kebabs are a favorite in Andalusia, where many butchers sell the meat pre-marinated. The Arab version uses lamb but pork is used now because the spicing is so perfectly suited to it.*

### **INGREDIENTS**

- ½ tsp cumin seeds
- ½ tsp coriander seeds
- 2 -4 garlic cloves, finely chopped
- 1 tsp paprika
- ½ tsp dried oregano
- 1 TBSP lemon juice
- TBSPs olive oil
- about 1 ½ pounds pork
- sea salt and pepper to taste

### **PREPARATION**

1. Ground cumin and coriander seeds in a mortar; work in the garlic with a pinch of salt. Add the paprika and oregano and mix in the lemon juice. Stir in the oil.
2. Cut the pork into small cubes, and then skewer them onto cocktail sticks - 3 or 4 at a time. Put the skewered meat into a shallow dish and pour the marinade over it, spooning it around to be sure that the meat is well covered. Marinate in a cool place for 2 hours.
3. Preheat grill or broiler to HIGH. Use a grill topper with criss-cross hatching so that the pinchitos don't fall through. (If you are using a broiler pan, you're fine.) Brush grill or pan lightly with oil to prevent sticking. Cook for 3 minutes on each side.

NOTE: Make a second batch of the marinade to set aside and brush over the pinchitos before serving!