



# Spanish Cuisine

## Introduction

Among the multitude of recipes that make up the varied cuisines of Spain, a few can be considered common to all or almost all of Spain's regions, even though some of them have an origin known and associated with specific places. Examples include most importantly potato omelette ("tortilla de patata"), paella, various stews, migas, sausages and cheeses.

There are also many dishes based on beans (chickpeas, lentils, green beans); soups, with many regional variations; and bread, that has numerous forms, with distinct varieties in each region. The regional variations are less pronounced in Spanish desserts and cakes: flan, custard, rice pudding, torrijas, churros, and madeleines are some of the most representative examples.



**Madrid is one of the most lively cultural and artistic sites in Spain**



## **Chicken Leg with Chilli Tomato Sauce**

### **INGREDIENTS**

4 medium chicken portions  
2 tbsp olive oil  
Fresh thyme

### **For the marinade**

4 tbsp sherry  
3 tbsp white vinegar  
3 tbsp clear honey  
4 tbsp olive oil  
3 cloves garlic  
oil, to brush

### **METHOD**

1. Brush the chicken pieces with olive oil. Chop 3 tbsp thyme and pierce into each piece with your hand.
2. Mix the sherry, vinegar, honey and oil in a non metallic bowl. Crush the garlic & mix in. Add the chicken pieces and turn to coat in the marinade. Cover with cling film and set aside for 20 mins.
3. Preheat grill to high. Brush grill rack with oil. Cook chicken pieces for 30 minutes turning and basting occasionally with marinade until cooked. The chicken is cooked once the juices run clear when tested with a fork. Serve with tomato sauce.



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### Stuffed Peppers

#### INGREDIENTS

12-15 dried red peppers  
1 large onion  
1 carrot  
1 tea cup of rice  
3 tea cups of water  
½ tea cup of raisins  
salt  
black pepper  
paprika  
parsley / coriander leaves  
oil



#### METHOD

1. Remove the seeds from peppers and put them in cold water to swell up for about 15 minutes.
2. Fry the finely sliced onions, grated carrots and the rice. Add the raisins, salt, black pepper, parsley and the paprika.
3. Add water and leave it to boil on moderate fire until the rice swells up.
4. Fill the peppers with cooked rice
5. Place the peppers in an oven proof dish.
6. Pour some water to half fill the dish.
7. Cover with foil and cook for about 30 minutes in a preheated oven (190<sup>0</sup>C), uncover and cook for another 15-20 minutes until the peppers are cooked.
8. Serve hot.



## Chocolate Cake

### INGREDIENTS

- 140g or 5 *Oz* self-raising flour
- 60g or 2 *Oz* cocoa powder
- 340g or 12 *Oz* butter or soft margarine
- 170g or 6 *Oz* caster sugar
- 3 medium or 2 large eggs
- 140g or 5 *Oz* Icing sugar
- Some cooking chocolate - as much as you want to cover the top with!



### METHOD

1. Sieve flour and 30g/1oz of the cocoa powder together. Next, cream the sugar and 170g/6oz of margarine together in a separate bowl using a metal spoon. Once the mixture is fluffy and light, gradually fold in the chocolate flour until all is mixed together. Finally, break the eggs in a small bowl and whisk them. Add these to the mixture and beat with a wooden spoon as hard as you can. This takes a lot of arm-work! Alternatively, shove the lot in a food mixer and stir.
2. Grease the two tins and then spoon in the mixture. Level the mixture in the tin using a spatula and place in the oven at 200<sup>o</sup>c 15 to 20 minutes. This is best on the highest shelf.
3. Cool the tins on a rack for about 5 minutes.
4. Mix the icing sugar with 170g margarine / butter and 30g cocoa powder to make a butter cream.
5. Spread the butter cream over one loaf.
6. Sandwich together and decorate the top with a thick layer of melted cooking chocolate.



## Spanish Cuisine

### *Chewy Chocolate Chips with Nuts*

#### **INGREDIENTS**

2 ½ cups all-purpose flour  
1 tsp baking soda  
1 tsp salt  
1 cup unsalted butter, softened  
1 ¾ cup packed light brown sugar  
1 tsp pure vanilla extract  
2 large eggs  
1 cup of chopped walnuts  
1 (12-ounce) block chocolate cut into small chunks larger than a chocolate chip.



#### **METHOD**

1. Preheat the oven to 180°C.
2. Place the butter, sugar, and brown sugar in the bowl and mix by hand or a electric mixer until fluffy and light.
3. Mix in the vanilla and eggs. Now add the flour, baking soda and salt to the mixture and continue to mix until batter is smooth.
4. Fold in the chocolate chunks and nuts using a wooden spatula.
5. To form the cookies, use a tablespoon and scoop it up placing the dough into the palm of your hands and roll it around into a ball.
6. Place cookie balls about 1 inch apart onto the cookie sheet that should be able to fit 16 dough balls easily.
7. Press down the tops of the dough slightly and bake for 12-15 minutes or until the cookies are light brown.



## Strawberry Romanov

### INGREDIENTS

500g strawberries	1 small orange
4 tbsp vodka	3 tbsp caster sugar
150ml whipping cream	cut 25g caster sugar
200g soft cheese	4-5 tbsp milk



### METHOD

1. Wash the strawberries, reserving four with the stalk left on. Pull the stalks from the strawberries and cut into half & quarters.
2. Rinse the orange in hot water & dry on kitchen paper. Using a canella knife, peel off thin stripes of the rind. Halve the orange and squeeze the juice.
3. Mix together the orange juice, vodka and sugar in the bowl and stir until the sugar has dissolved. Toss the strawberries in the mixture cover and chill in the fridge for at least 1 hour for the flavours to blend.
4. While the strawberries are soaking whip the cream until soft and peaks, stir in the cheese by beating it in a bowl then fold in the cream.
5. For serving, place the strawberries and juice in the bowl. Use the cream to decorate it. Scatter the orange on the top.





## English Cuisine

### Introduction

English cuisine encompasses the cooking styles, traditions and recipes associated with England. It has distinctive attributes of its own, but also shares much with wider British cuisine, largely due to the importation of ingredients and ideas from places such as North America, China, and India during the time of the British Empire and as a result of post-war immigration.

Meals, such as fish and chips, which were once urban street food, are now matched in popularity by curries from India and Bangladesh, and stir-fries based on Chinese and Thai cooking. Italian cuisine and French cuisine are also now widely adapted. Britain was also quick to adopt the innovation of fast food from the United States, and continues to absorb culinary ideas from all over the world while at the same time rediscovering its roots in sustainable rural agriculture.



The Clock Tower, U.K.

**Recipes given below have been contributed by  
The Cookery School,  
Bristol and Hollingworth College, U.K.**





## Plain Scones

### INGREDIENTS

225g self raising flour  
pinch of salt  
55g butter  
25g caster sugar  
150ml / 5fl *Oz* milk

### METHOD

1. Heat the oven to 220°C. Lightly grease a baking sheet.
2. Mix together the flour and salt and rub in the butter.
3. Stir in the sugar and then the milk to get a soft dough.
4. Turn on to a floured work surface and knead very lightly. Pat out to a round 2cm/ $\frac{3}{4}$  inch thick. Use a 5cm/2 inch cutter to stamp out rounds and place on a baking sheet. Lightly knead together the rest of the dough and stamp out more scones to use it all up.
5. Brush the tops of the scones with a little milk. Bake for 12-15 minutes until well risen and golden.
6. Cool on a wire rack and serve with jam and clotted cream and maybe with some butter.







## English Cuisine

### Apple Pie

#### INGREDIENTS

##### Filling :

1/3 to 2/3 cup sugar  
1/4 cup flour  
1/2 tsp ground cinnamon  
Pinch of salt  
8 medium sized apples  
2 tbsp margarine

##### Crust (recipe makes one double crust) :

2 1/2 cups white flour  
2 tbsp sugar  
1/4 tsp salt  
1/2 cup cold butter, broken into small pieces  
5 tbsp cold vegetable shortening  
8 tbsp ice water

#### METHOD

##### Filling :

1. Peel, core and slice the apples. Try to keep the size of the slices even.
2. Mix sugar, flour, nutmeg, cinnamon and salt in large bowl.
3. Stir in apples.

##### Crust :

4. Measure the flour, sugar and salt together. Stir to combine.
5. Add the chilled butter pieces and shortening to the bowl. Cut them in with a pastry cutter or knife. Don't over mix the butter.
6. Add the ice water. Mix until the dough holds together (add a bit more water, if necessary).
7. Turn the dough onto a lightly floured surface, knead it together, then divide in half.





8. Flatten each half into a disk, wrap in a damp cloth and chill for at least half an hour.
9. Roll out one of the disks on a lightly floured surface until you have a circle that's about 12 inches in diameter.
10. Put the circle in a 9" pie plate, trimming any extra dough from the edges with a sharp knife. Return it to the refrigerator until you are ready to make the pie.
11. Pour filling into pastry-lined pie plate.
12. Dot with margarine.
13. Roll out the second ball of dough and cover top. Use a fork or your fingers to pinch the edges together. Cut a couple slits at the top.
14. You may cover the edge with 3 inch strip of aluminum foil to prevent too much browning. Remove foil in the last 15 minutes.
15. Heat the oven to 220°C. Bake for 40-50 minutes or until the crust is brown or juice begins to bubble through the crust.

### *Creamy Lemon and Apple Pudding*

#### **INGREDIENTS**

4 dessert apples  
1 lemon  
2 tbsp marmalade  
250g soft cheese  
75g caster sugar  
150ml pot natural yoghurt  
2 tbsp corn flour  
1 tbsp vanilla essence  
Icing sugar (to dust)





## English Cuisine

### METHOD

1. Preheat the oven to 180°C. Peel, halve and quarter the apples and remove the cores. Halve the lemon and grate the rind and squeeze the juice from one half. Finely chop the apples and put in an oven-safe dish. Mix the grated rind and juice into the apples with the marmalade.
2. Thinly slice the remaining lemon half. Make a cut into the centre of each slice and twist slightly to form the cone shape decoration.
3. Put the soft cheese, sugar, yogurt, cornflour and vanilla essence in a bowl and beat together until combined.
4. Spread the cheese mixture over the apples. Bake for 30 minutes until cheese is set and pale golden. Decorate with the lemon twists, dust lightly with icing sugar and serve immediately.

### Cornish Pasties

This is a traditional recipe from 'Cornish Recipes' compiled by June Kittow. The more finely cut the vegetables, the tastier the pastry. Makes 4 pastries.

### INGREDIENTS

#### Pastry :

1lb or 450 g plain flour  
A pinch of salt  
140g of lard or shortening  
Enough cold water to bring the  
pastry together

#### Filling

450g steak/chicken 225g peeled potatoes  
225g peeled carrots  
1 large onion, peeled  
cheddar cheese





Salt and pepper

Butter

Beaten egg to glaze

### **METHOD**

1. Preheat the oven to 220<sup>o</sup> c, grease and flour a baking sheet.
2. Make the pastry by sifting the flour and salt in a bowl and rub in the lard until the mixture resembles breadcrumbs.
3. Add in just enough cold water so the pastry comes together and leaves the side of the bowl cleanly. Bring together as a ball of pastry, cover and chill in fridge for ½ hour to allow it to rest.
4. Divide the pastry in to 4 equal pieces and roll each piece into a round about 7 to 8 inches diameter on lightly floured surface.

### **For the filling :**

1. Cut the steak into small cubes.
2. Cut up the onion, potato and carrot into small irregular sized pieces. Put a quarter of the vegetable mix into the middle of each round of pastry and season well with salt and pepper.
3. Put a quarter of the steak on top of each pile of vegetables; add a knob of butter and season generously with black pepper.
4. Dampen the edge of the pastry and bring up from both sides with floured hands to envelop the filling.
5. Pinch the edges together and crimp firmly to seal. Brush with beaten egg and cook on the baking sheet for about ¾ hour until golden brown. Eat hot or cold.

**Variation :** Vegetarian Cornish Pasties Substitute steak / chicken with 250g cheddar cheese.



### Parsley Potatoes

#### INGREDIENTS

900 g potatoes, washed, unpeeled, boiled until cooked  
1 onion  
2 garlic cloves, finely chopped  
50 g unsalted butter  
2 tbsp plain flour  
300 ml reduced-sodium vegetable broth  
300 ml low-fat double cream  
1 tbsp dried thyme  
1 bunch parsley, stalks removed, finely chopped  
1 tsp Worcestershire sauce  
1 egg yolk  
salt & freshly ground black pepper, to taste



#### METHOD

1. Slice the potatoes, peel and chop the onion and garlic, melt the butter in a large non-stick pan and saute the onion and garlic for about 5 minutes, or until they are soft. Stir in the flour and cook for about 1 minute. Mix with the cream, stock and milk. Pour into a pan.
2. Wash, dry and chop the parsley finely.
3. Drain the potatoes in a colander, then mix into the cream sauce. Add half the chopped parsley and season with salt and pepper. Add the worcestershire sauce.
4. Simmer the potatoes gently in the sauce for 10 mins until tender, stirring occasionally. Lightly whisk the egg yolk with most of the remaining parsley. Add to the potatoes. Cook for 1 minute. Serve hot.



## Mango Clown

### INGREDIENTS

1 large mango or 2 small mangoes  
2 tbsp confectioner sugar  
½ cup heavy cream, chilled  
Few drops vanilla extract

### METHOD

Peel the mangoes, cut them into small pieces and place in a dish. Sprinkle with confectioner sugar. Pour chilled cream into small bowl and whip it until stiff. Flavour with vanilla extract and mix gently. Place both whipped cream and mangoes in the refrigerator. Remove from refrigerator shortly before serving. Carefully blend together mangoes and cream.



## Scones

### INGREDIENTS

500g white flour  
2 eggs lightly beaten  
4 tsp baking powder  
230 ml milk  
75g caster sugar  
1 handful sultanas  
85g butter  
1 beaten egg, to glaze

### METHOD

1. Preheat the oven to 230°C. Sift the flour, baking powder and sugar together in a bowl. Rub in the butter until the mixture resembles fine bread crumbs.
2. Make a well in the centre and pour in the eggs and enough milk to make a fairly soft dough. Mix in the sultanas.
3. Turn the mixture onto a lightly floured surface. Roll out lightly to a thickness of about 2cm. Cut into rounds with a 5cm cutter.
4. Place the rounds on a baking sheet, liberally brush with beaten egg, making sure the egg doesn't spill over the edges.
5. Bake for about 10-15 minutes until brown and well risen.
6. Transfer to a wire rack to cool.







### Mince Pie

#### INGREDIENTS

55g margarine  
55g lard  
220g plain flour  
200g pot of mincemeat  
A splash of milk



#### KITCHEN EQUIPMENT

Bun baking tin (s) for 12 pies  
Two pastry cutters (one slightly larger than the holes in the bun baking tin to cut the base of the mince pie, and one slightly smaller for the top)  
A rolling pin  
A brush to coat the pastry edges with milk

#### METHOD

1. Add the margarine and lard to a large bowl and sieve in the flour.
2. Gently rub the ingredients together with your hands. The mixture should end up as small crumbs. It should only take two or three minutes.
3. Add 3 tbsp of water to the mix. Then use your hands to gently blend the mix together even further. If it does not hold together add another half tablespoon of water. The mix is of the correct consistency when it is in one single ball.
4. Wrap the mix in cling film and place it in the fridge for 30 minutes to 'rest'. Dust the work surface and rolling pin with flour and roll out the pastry with a rolling pin.
5. Turn the oven on, setting it to 200°C. Using the larger of the two pastry cutters, cut out of the base 6 mince pies.
6. Add one heaped tsp of the minced meat to each mince pie base. Brush the edge of each of the mince pie bases with a light coating of milk.
7. Cut out the tops of the mince pies and place them on the top of the filled mince pies.



8. Firm down the edges lightly to ensure top and bottom are firmly connected. Brush the top of the pies with milk.
9. Cut a small hole in the top of each more mince pie with a knife. Repeat the above process for the remaining pastry.
10. Cook the mince pies in a pre-heated oven at 200°C / 400°F for 25 minutes. Take the cooked mince pies from the oven and dust them with a little icing sugar. They are delicious hot or cold and will keep for three or four days.

### **Cheesy Garlic Bread**

*This is a perfect side dish for any pasta and a delicious appetizer.*



#### **INGREDIENTS**

Baguette 1  
Garlic, minced 4-5 cloves  
Butter 200 grams  
Cheese, grated 2 tbsp  
Dried mixed herbs 1 tsp  
Sesame seeds (til) ½ tsp  
Black peppercorns, coarsely ground ½ tsp  
Salt to taste  
Aluminium foil as required

#### **METHOD**

Preheat oven to 175°C. Cut the loaf/baguette into 2-3 cm slices, not slicing the loaf completely. Add minced garlic to the butter. Add seasoning to taste. Add the garlic butter in the gaps, spread remaining butter over the loaf. Sprinkle with grated cheese and some sesame seeds on the loaf. Wrap in a foil and seal the ends. Then place in the centre of the oven and bake for 7-10 minutes. Remove from the oven carefully and serve unwrapped with accompaniments.



## English Cuisine

### Chicken Curry

#### INGREDIENTS

2 tbsp olive oil    1 tsp chilli powder  
1 tsp chilly flakes  
2 garlic cloves peeled and crushed  
110 ml double cream  
1 tsp turmeric  
1 lime juice  
1 tsp ginger  
3 tbsp fresh coriander, chopped  
1 chicken breast, diced  
2 tortillas, toasted  
½ onion peeled and diced



#### METHOD

1. Preheat a medium pan.
2. Heat the oil in the pan, add the spices and saute for 2 minutes.
3. Add the chicken and saute for 2 minutes.
4. Add onion and tomatoes and simmer for six minutes.
5. Pour in the cream and add the lime juice.
6. When the cream has heated through and reduced, remove the curry from the heat.
7. Add coriander and stir well.
8. Transfer the curry to large deep bowl and serve with toasted tortillas.

**Recipe contributed by Wooten Basset Wiltshire, U.K.**

## Glossary

Capers	-	The pickled bud of a plant.
Golden syrup	-	A kind of thick sugar syrup.
Brown sugar	-	A sugar product with a brown colour
Sultanas	-	A type of white seedless grapes.
Whisk	-	To beat eggs cream etc. in order to add air and make the food light.
Cider vinegar	-	A type of vinegar obtained from apples.
Egg plant	-	aubergine, brinjal
Hob	-	A shelf at the back or side of fire place.
Courgette	-	Zucchini, small cucumber shaped vegetable.
Fontina Cheese	-	A cow's milk semi-soft cheese from Italy.
Anchovies	-	Fine fishes usually canned or salted.
Arborio Rice	-	An Italian high - starch short grained rice.
Zest	-	The outermost part of the rind of an orange or lemon used as flavoring.
Porcini Mushroom	-	An edible mushroom especially used in Italian cooking.
Thepla	-	A kind of flavoured Indian bread.
Pancelta	-	A lightly spiced curd bacon from Italy.
Paprika	-	A mild powdered seasoning made from sweet red peppers.
Vegetable shortening	-	A solid fat made from vegetable oils.
Pasties	-	A pie especially one filled with seasoned meat or fish.
Baguette	-	Along thin loaf of french bread.
Tortillas	-	A thin unleavened bread made from wheat flour and baked.