

# Tapas Recipes

Chef Terry Mullin

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## Ceviche

You can use almost any firm-fleshed fish for this Spanish influenced dish, provided that it is perfectly fresh. The fish is 'cooked' by the action of the acidic lime juice. Adjust the amount of chili according to your taste. Serves 6.



### Ingredients

- 1 1/2 lb halibut, turbot, sea bass or salmon fillets, skinned
- Juice of 3 limes
- 1-2 fresh red chillies, seeded and very finely chopped
- 1 tablespoon olive oil
- Salt

### For the garnish

- 4 large firm tomatoes, peeled, seeded and diced
- 1 ripe avocado, peeled and diced
- 1 tablespoon lemon juice
- 2 tablespoon olive oil
- 2 tablespoon fresh coriander leaves



### Method:

1. Cut the fish into strips measuring about 2 x 1/2 inch. Lay these in a shallow dish and pour over the lime juice, turning the fish strips to coat them all over in the juice. Cover with a clear film (plastic wrap) and leave for 1 hour.
2. Mix all the garnish ingredients, except the coriander, together. Set aside.
3. Season the fish with salt and scatter over the chillies. Drizzle with the oil, Toss the fish in the mixture, then replace the cover. Leave to marinate in the fridge for 15-30 minutes more.
4. To serve, divide the garnish among six plates. Spoon the ceviche, sprinkle with coriander, and serve.

## **Prawn and Bacon Brochettes** (*Brochetas de Gambas y Bacon*)

The Spanish love bacon, which we cure and air-dry in the same way as our famous jamon. This combination of prawns and bacon is inspired and very popular, and can be found at most Tapas bar, as well as in many banquets and receptions. It is an ideal treat for your guests when having a party at home! Makes 12 units

### **Ingredients:**

- 5 oz jamón or thinly sliced bacon
- 24 medium to large uncooked, headless prawns, peeled
- Freshly ground black pepper
- 1 tablespoon olive oil
- 2 lemons, quartered



### **Method:**

1. Cut the bacon (or jamon, if using it) into pieces which will wrap generously round the prawns.
2. Place the wrapped prawns down flat on a board and skewer them through the fattest part and the tail, making sure the jamón is firmly fixed. Season generously and drizzle with the oil.
3. On a high heat, griddle, grill or barbecue the prawn and bacon brochettes for 2-3 minutes on each side, so the bacon crisps up. Alternatively, roast in a hot oven (425°F) on an oiled baking tray for 8-10 minutes.
4. Squeeze over the juice of the lemon wedges and serve immediately.

## Artichokes with Fresh Clams or Fresh Tuna

Artichokes are a popular vegetable in Spain, especially fresh from the market. They are often served sautéed with ham or stuffed with white sauce and ham or meat, etc. Sometimes served cold, they combine well with anchovies and piquillo peppers, or with salmon and capers, or tuna fish with a good olive oil. Servings: 4

### Ingredients:

- 20 preserved artichoke hearts
- 2 finely chopped garlic cloves
- 2 tablespoons olive oil
- 1 cup vegetable or fish stock
- 1 tablespoon flour
- 2 tablespoons dry, white wine
- 24 clean clams

### Preparation:

1. Drain the artichoke hearts. Brown the garlic cloves in hot oil in a deep frying pan or earthenware dish.
2. Add the flour then mix in the white wine and the stock. Add the clams and cook until they open or Tuna and cook until medium. Then add the artichoke hearts and cook for a few minutes before serving.



## Bread with Mushrooms and Alioli

### Ingredients:

- 4 or 5 ounces mushrooms, stems removed and sliced thin
- 1 tablespoon extra virgin olive oil
- A pinch of sea salt
- 1 teaspoon sherry wine
- Alioli (garlic mayonnaise)
- French bread, sliced into round



### Preparation :

1. Heat the olive oil in a pan that has a cover. When the oil is hot, add the mushrooms, salt and sherry. Cover, and lower heat. Cook until liquid is released from the mushrooms, about 10 minutes. Drain and set aside.
2. Toast bread slightly, just to dry it out a bit. Spread with alioli and top with mushrooms. Broil for about 30 seconds or until alioli starts to bubble.



## Basic Sangria Recipe

A very simple, basic sangria recipe. While this sangria is delicious as is, this recipe intentionally leaves ample room for improvisation and additions, and should therefore be used as a springboard to create your own unique sangria recipes. The unaltered basic sangria recipe below, however would meet with the approval of strict sangria traditionalists.

### Ingredients

- 3 1/4 cups ( 26 fl. oz) dry red wine
- 1 tablespoon sugar
- Juice of 1 large orange
- Juice of 1 large lemon
- 1 large orange, sliced thin crosswise
- 1 large lemon, sliced thin crosswise
- 2 medium peaches, peeled, pitted and cut into chunks
- 1 cup (8 fl. oz) club soda

### Preparation

1. Combine all the ingredients except for the club soda in a large punch bowl or serving pitcher, mixing well. Refrigerate overnight.
2. Immediately before serving, mix in the club soda for added fizz. Ladle into cups with ice cubes.



## Smoked Salmon with Cream Cheese (Salmon Ahumado con Queso Blando)

### Ingredients:

- 1/2 French-style baguette
- 1/2 lb. smoked salmon
- 1/2 lb. cream cheese or any mild soft cheese
- 2 slices lemon



### Preparation:

This salmon with cream cheese makes 4-6 servings as an appetizer.

Cut the baguette into slices approximately 1/4-inch thick. **Lightly** toast both sides. Allow to cool about 3-4 minutes.

Slice or spread cheese over each piece of toast. Cut salmon into toast-size pieces and place over cheese. Serve with lemon slice, since your guests may wish to squeeze lemon over top.

## Picadillo - Spicy Spanish Pork

This recipe is popular in the region of Castilla-Leon. Cubes of pork are marinated overnight in a spicy mixture of paprika, garlic and white wine. Then the pork is quickly stir-fried and served with bread and/or fried potatoes. This is a very easy recipe. Serves 6 as a tapas

### Ingredients:

- 2 lbs lean pork, cut into 1 inch cubes
- 1 Tbsp hot paprika
- 2 Tbsp sweet paprika
- 3 cloves of garlic, diced very small or put through a garlic press
- 1 cup white wine
- pinch of oregano
- pinch of salt
- French-style bread and/or fried potatoes to accompany
- Olive Oil



### Method:

1. Place cubes of pork in a large mixing bowl. Sprinkle hot paprika, sweet paprika, oregano and garlic over top. Mix with a wooden spoon or your hands. Add the white wine and mix thoroughly. Cover tightly with a lid or plastic wrap. Place in refrigerator for at least 24 hours.
2. When ready to cook the meat, place 2-3 tablespoons of olive oil in a large frying pan and heat on medium heat. Remove meat from refrigerator and fry in pan. Salt to taste.
3. Serve with French-Style bread or fried potatoes.

## Gató d'Ametlla

### *Majorcan Almond Cake*

This Majorcan cake is believed to have originated in Valldemossa, the island town made famous by Chopin and George Sand, who spent a winter together there in an abandoned Carthusian monastery that today draws many visitors. This version, a recipe from one of our friends, is the best that I have ever tasted. Serves 8

### **Ingredients**

- Unsalted butter and all-purpose flour for preparing pan
- 8 eggs, separated
- 1 1/2 cups sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon grated lemon zest
- 1/2 teaspoon vanilla extract (optional)
- 2 cups coarsely ground blanched almonds



### **Preparation**

Preheat the oven to 400°F. Butter an 11-inch round cake pan with 2-inch sides and then dust it with flour, shaking out any excess.

In a large bowl, combine the egg yolks and sugar and whisk

together until smooth and foamy. Add the lemon zest, cinnamon, and vanilla, if using, and mix well. Add the ground almonds a little at a time, mixing well after each addition to incorporate fully.

Using a whisk or a handheld mixer, beat the egg whites until they form soft peaks. Scoop about one-third of the whites onto the egg yolk mixture and, using a rubber spatula, fold them in to lighten the mixture. Then add the remaining whites and fold them in gently but thoroughly, deflating the batter as little as possible.

Transfer the batter to the prepared pan. Bake the cake for about 30 minutes, or until a knife inserted into the center comes out clean. Remove from the oven and, holding the cake pan 6 inches above a countertop, drop the pan onto the counter. This simple dropping action shocks the cake, making it easier to remove from the pan.

Transfer the cake to a wire rack and let cool in the pan until warm. Run a knife around the inside of the pan to loosen the cake sides and then invert the cake onto the rack and lift off the pan. Place the cake upright on a serving plate. Serve warm or at room temperature with ice cream, if desired.

## Mushroom Paté

### Ingredients:

- 1/2 pound of fresh mushrooms, chopped
- 2 tablespoons of butter (or margarine if you must)
- One 8 ounce package of cream cheese
- 3 to 4 minced garlic cloves (or to taste)



### Method:

1. Sauté mushrooms in butter 5-10 minutes or until tender and liquid has evaporated.
2. Place in blender or food processor, add remaining ingredients. Process until smooth.
3. Refrigerate, covered, at least 3 hours before serving. Garnish as desired. Makes about 1 1/2 cups.

## TRES LECHE - This version serves 10 generous portions.

### CAKE:

- 1 cup sugar
- 5 large eggs, separated
- 1/3 cup milk
- 1/2 tsp vanilla extract
- 1 cup all-purpose flour
- 1-1/2 tsp baking powder
- 1/2 tsp cream of tartar

### MILK SYRUP:

- 1 can (12 oz) evaporated milk
- 1 cup sweetened condensed milk
- 1 cup heavy (or whipping) cream
- 1 tsp vanilla extract
- 1 Tbsp dark Cuban rum

### GARNISHES:

- Fresh whipped cream or good quality vanilla ice cream
- Cocoa powder
- Sliced fresh mango (or the fruit of your choice- tropical fruits pair nicely with this cake)



### METHOD:

1. Preheat oven to 350oF. Generously butter a 13 x 9-inch baking dish. CAKE: Beat 3/4 cup sugar and the egg yolks until light and fluffy, about 5 minutes.

Fold in the milk, vanilla, flour and baking powder. Beat the egg whites to soft peaks, adding the cream of tartar after 20 seconds. Gradually add the remaining 1/4 cup sugar and continue beating until the whites are glossy and firm, but not dry.

Gently fold the whites into the yolk mixture. Pour this batter into the buttered baking dish. Bake the cake until it feels firm and an inserted toothpick comes out clean, about 30-45 minutes.

Let the cake cool completely in baking dish. Pierce the cake all over with a fork, taking care to not tear it up.

2. MILK SYRUP: Combine the evaporated milk, sweetened condensed milk, cream, vanilla and rum in a mixing bowl. Whisk until well blended. Pour the syrup over the cake, spooning the overflow back on top, until it is all absorbed.
3. When ready to serve, cut a slice and plate it. Top with a dollop of freshly whipped cream or a side of ice cream, dust cake and cream with some fresh cocoa powder and place a slice or two of fresh mango on the side. **This cake is addictive- you've been warned! Enjoy!**

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# Spinach Empanadas

**Source: The Heritage of Spanish Cooking; Serves 6**

The term empanada is used for any raw or cooked filling wrapped in a dough and baked in the oven or over an open fire. These pies are mentioned in culinary documents as far back as medieval times. Individual servings are called empanadillas ("little pies"). There are also some delicious recipes with sweet fillings. Both sweet and savory turnovers can also be fried.

## INGREDIENTS

### For Filling:

- 1 1/2 lb spinach, chopped
- 1/3 cup olive oil
- 4 cloves garlic, finely chopped
- 6 1/2 oz tomatoes, peeled and chopped
- 3 1/2 oz bonito tuna in oil or boiled shrimp (prawns)
- 1/2 cup pine nuts
- 2 eggs, hardboiled and finely chopped
- Salt

### For Dough:

- 2 cups all-purpose flour
- 1/4 cup olive oil
- 1/4 cup milk
- A few drops lemon juice
- 1 tablespoon beer
- 1/2 tablespoon baking soda
- Salt
- 1 egg, beaten



### METHOD

**FOR FILLING:** Boil the spinach for 10 minutes. Drain. Heat the oil in a skillet and saute the garlic on low heat, followed by the tomatoes.

When the tomato mixture is almost ready, add the spinach, bonito tuna and the pine nuts. Cook for 5 minutes, then remove from the heat and add the chopped eggs and some salt.

**FOR DOUGH:** While the mixture is cooking, prepare the dough. Put the flour in a bowl and add the oil, milk, lemon juice, beer, baking soda and salt. Mix by hand until the dough comes away from the sides of the bowl. Leave to rest for 20 minutes.

Preheat the oven to 400 degrees F. Roll the dough out thinly. Cut into 4-5 rounds. Place a tablespoon of filling on each round. Fold over and seal, making a narrow rim.

Transfer the turnovers to a lightly oiled baking sheet and brush each one with beaten egg. Turn the oven down to 300 degrees F and bake the turnovers for approximately 30 minutes. Serve warm or cold.



# Tapas Recipes (Courtesy of Harry)



Spanish Tapas consist of many small, individual dishes of food that can act as appetizers or, they can be eaten as an incredibly varied meal. Tapas are found in bars and restaurants in Spain, and are often eaten with an aperitif such as sherry.

1. HERBED GOAT CHEESE AND PROSCUITTO SHRIMP
2. CHICKEN AND ANDOUILLE STRUDELS
3. THREE CHEESE FOCACCIA
4. TUNA AND OLIVE CROSTINI
5. STUFFED NEW POTATOES
6. PIQUILLO PEPPERS STUFFED WITH SPICY SALMON TARTAR WITH LEMON OIL
7. FRIED SQUID WITH ANCHOVY DRESSING AND PARSLEY PESTO
8. OVEN-ROASTED WILD MUSHROOMS WITH GOAT CHEESE AND CHILE OIL
9. TORTILLA ESPANOLA: SPANISH OMELETTE (#1)
10. GRILLED SERRANO HAM AND MANCHEGO CHEESE CROSTINI
11. CHERRY TOMATOES STUFFED WITH SPANISH OLIVE TAPENADE
12. GRILLED PORTOBELLOS WITH HAZELNUT GREMOLATA
13. MUSSELS WITH HAM, PEPPERS, AND TOMATOES
14. PAN ROASTED SHRIMP WITH TOASTED GARLIC
15. CARROTS SEASONED WITH HERB
16. TORTILLA DE PATATA & CEBOLLA
17. SHRIMP FILLED ZUCCHINI BLOSSOMS
18. TAPAS STYLE SQUID AND OLIVES
19. SPANISH STYLE BRUSCHETTA
20. TUNA CUBES
21. GRILLED CLAMS WITH SMOKED CHILI-CACHUCHA MOJO AND BACON
22. ARCTIC CHAR AND SHIITAKE CAKES
23. ROASTED ALMONDS
24. CHICK-PEAS AND SPINACH TAPAS
25. SLOW-COOKED AND STUFFED BABY BELL CHILE PEPPERS
26. TORTILLA ESPANOLA: SPANISH OMELETTE (#2)
27. Bayonne Ham and Sheep's Milk Cheese Terrine
28. Garlic Shrimp
29. Garlicky Shrimp with Yellow Rice
30. Marinated Olives
31. Spinach Empanadas