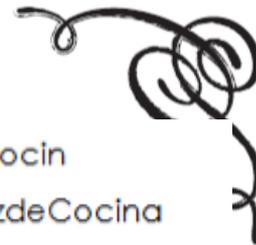
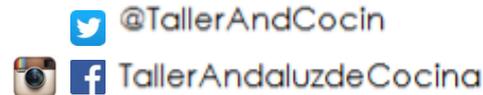




Taller  
Andaluz  
de Cocina



## SPANISH COOKING CLASS

### SALMOREJO

Ingredients (6 people): 1.5 kilo red ripe tomatoes (50 oz), 100 g (3.5 oz) stale white bread, 150 ml extra virgin olive oil (EVOO), 1 garlic clove, 10 g (0.35 oz) or a tablespoon of salt and a tablespoon of sherry vinegar. Decoration: Boiled egg and chopped ham.

Cut tomatoes into quarters and add to the blender. Then add the bread (if too dry, soak with water first). Next, add the garlic, salt and vinegar. If the garlic is slightly green inside, remove the stalk. Blend all the ingredients together until you get a puree texture. Add extra virgin olive oil slowly to the mixture while blending to get a smooth emulsion. Even out the flavour by adding more salt and vinegar if you need, but remember that garlic and vinegar will taste stronger after being in the fridge.

Keep the salmorejo in the fridge for at least 30 minutes. Decorate with chopped boiled egg and cubed ham, and drizzle with extra virgin olive oil before serving. Suggestion for the egg: boil water and add a pinch of salt and a few drops of vinegar. Boil the egg for 10 minutes to avoid a grey yolk.

### SPINACH WITH CHICKPEAS

Ingredients (6 people): 900g (30 oz) fresh spinach, 150 g (5-6 oz.) chickpeas, 1 medium size onion, 1-2 garlic cloves, peeled crushed tomatoes, cumin, salt, sherry vinegar, olive oil and stale white bread.

Add 4-5 spoons of olive oil into a large frying pan, fry the garlic on a low heat to caramelize it and reserve. Dice and fry the bread and then add to the garlic in a mortar and pestle with a pinch of salt and a pinch of cumin. Crush together and add a tablespoon of water to get a paste. Boil the spinach for 5 minutes and reserve.

In the same pan as before, fry the chopped onion with a pinch of salt until it's caramelised. Add 5-6 spoons crushed tomatoes and cook for 2 minutes. Next add the boiled spinach, the bread paste, a pinch of salt, cumin to taste and a spoon of sherry vinegar. Finally stir in the chickpeas, mix well and cook until the liquid reduces. Season with salt and cumin to taste.



## PAELLA

Ingredients (6 people): 450 g (15 oz) round grain rice (aprox 70 g per person/ 2.5 oz), legs and wings of a chicken, 1 red pepper, 3 onions, 4-5 green beans, 200 g (7 oz) tomato puree/chopped tomatoes, 1 ñora pepper, 2 garlic cloves, chicken stock, salt and olive oil. Optionally, rabbit meat can be added and ñora can be replaced by a teaspoon of sweet paprika (food coloring is optional, 1 tablespoon) or saffron.

For the stock: approx 4 liters of cold water, 1 chicken carcass and 1 leek. Add both the cleaned chicken and the leek into a large pot with cold water and bring to the boil. Skim and cook for 40-50 minutes.

For the paella: Cover the surface of the paella pan with olive oil, salt the meats and fry on a high heat. When seared and brown, set aside. Add the chopped onions and red pepper to cover the pan's surface and add salt to prevent them from burning. Fry until you caramelize the ingredients. Add the garlic and fry for a couple of minutes. Stir in the chopped ñora and snapped green beans. Then mix in the tomato puree and cook all together. In the case of using sweet paprika instead of ñora, add that now. Return the chicken to the paella pan, add the chicken stock to cover all the ingredients and cook for 10 minutes.

If you wish to add food coloring or saffron, do it in this moment once the stock is in the paella pan.

Add more stock if needed up to the level of the handles and flavour with salt (we want a salty stock) and once boiling, add the rice.

Mix until the rice is equally distributed in the pan and let cook for 18 minutes (5 minutes strong heat to get a skin on the surface, and 13 minutes medium heat). Once the stock is consumed (if not, leave 1-2 extra minutes), drizzle with olive oil to toast the rice at the bottom and wait to hear the rice cracking (be very careful in order to avoid burning the bottom). Remove from the heat, cover with a teatowel and leave to stand for 10 minutes before serving.

Suggestion: squeeze some lemon on top of your rice once on the plate.

## LEMON SORBET WITH CAVA

Ingredients (6 people): 1 liter lemon ice cream, 300 ml. of cava, 150 ml. cream and 3-4 mint leaves.

Mix all the ingredients together in a blender. Serve in a champagne glass with a mint leaf for decoration.

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