

Gazpacho

(cold tomato soup—Spanish) 6 servings

Ingredients

1. 2 cups of canned tomato puree
2. 1 chopped onion
3. 1 chopped and seeded green pepper
4. 1 chopped cucumber
5. 2 cups tomato juice
6. ½ cup olive oil
7. 3 Tablespoons white vinegar
8. 1 clove of garlic minced or grated
9. 1 teaspoon salt
10. ¼ teaspoon cumin
11. 1 Cup small bread cubes for croutons—you could also buy these rather than sauteing the bread
12. 3 Tablespoons of butter
13. 1 1 clove of garlic minced or grated

Directions:

1. Blend the first 4 ingredients in a blender on the “Puree” setting for 30 seconds
2. Mix ingredients 5 through 10 in a bowl large enough to hold the first 10 ingredients
3. Add the pureed vegetables to the bowl and stir to mix well
4. Chill at least two hours
5. while the soup is chilling, make the croutons by frying the bread cubes in the butter and garlic until the bread is lightly browned and crispy*
6. serve the soup cold, in bowls with croutons and a nice touch is a few minced onions, peppers and cucumbers on the top

*if you don't want to make the croutons look in the grocery store salad dressing area for croutons that seem similar to the ones in the recipe.

Arroz de Feijão – Portuguese Rice with Beans

Course: Main dish or starters

Servings: 4 servings

Prep time: 5 minutes

Cooking time: 45 minutes

Ingredients

2.5 cups of ounces short grain rice

12.33 ounces canned kidney beans drained (using a 15-ounce can is ok)

1 small red pepper - diced

1 medium onion - diced

3 tbsp extra virgin olive oil

3 garlic cloves - minced

½ cup tomato puree

1 TBSP Tomato paste

2 cups vegetable stock

2 cups water

1/2 tsp sweet paprika

1/4 tsp chili flakes

fresh thyme—to taste

1 tbsp butter

fresh parsley

salt - to taste

black pepper - to taste

Directions

1. Place a large pan over medium heat, once it heats up add the olive oil, pepper and onion.

2. Cook until the onion becomes translucent, about 8 minutes.

3. Push the pepper and onion to one side of the pan, add an extra drizzle of olive oil and toss in the garlic, fry for about 2 minutes until fragrant.

4. Add in the rice, cook for about 3 minutes before adding passata, tomato concentrate, veg stock/water. Season with paprika, Chilli flakes, thyme, some black pepper and salt. Stir well to combine. Bring it to a boil, then reduce it to a gentle simmer.

5. Cook for about 25 minutes, stirring every so often, or until the rice becomes al dente (fully cooked, but still slightly firm when you bite into it).

6. Add the kidney beans, stir well to combine. Cook for another 5 minutes. Toss in the butter, stirring gently.

7. Season with some more black pepper and salt if needed. Serve it with some chopped fresh parsley and a drizzle of olive oil.

Stove Top Skillet Spanish Seafood Paella

(6 servings)

20 min prep

40 min cooking

Need: 14" skillet

Ingredients:

1/4 cup [Extra virgin olive Oil](#), (Spanish EVOO if you have it)

1 Onion, diced

1 bell pepper, diced (I like to use 1/2 red and 1/2 green)

4 cloves Garlic

3 Roma tomatoes, very finely diced (or 8 oz. tomato sauce)

[Bay leaf](#)

1 teaspoon [paprika](#), sweet or smoked

1 pinch [saffron threads](#)-- this spice is a requirement for this dish!

[Salt and pepper](#)

1/4 cup dry [white wine](#)

1/4 cup fresh chopped parsley, chopped, divided

2 cups short grain rice (Spanish Rice - Rey del Arroz Authentic Short Grain Valencia Rice, Bomba rice, Calaspara rice, Arroz Redonda, but any short grain rice will do)

2 cups [vegetable broth](#) and 3 cups water or if you buy a quart of broth, use the whole container and reduce the amount of water needed

1/2 cup frozen peas

1/2 lb. Jumbo Shrimp, about 12 – peeled, de-veined with tail on (frozen is OK) you can use more shrimp, if your family likes it best and fewer other types of seafood.

1/2 lb. clams thoroughly washed and check that they are alive first. If the shell has opened, tap the shell. If it doesn't close, discard it.

1/2 lb. Mussels, (about 10-12), cleaned properly (beards off), Check if as above for clams.

8 oz calamari rings –if you like them

****You could also substitute a white fish if you don't like clams or mussels, but it will need to cook a little bit long, cut it into chunks about the size of a clam**

Lemons, for garnish

Instructions

1. Add olive oil to a skillet over medium heat. Add the onion, bell peppers and garlic and cook until the onion is translucent. Add chopped tomato, bay leaf, paprika, saffron salt and pepper. Stir and cook for 5 minutes. Add white wine and cook for 10 minutes. Taste and add salt if needed.

2. Add 2 TBSP of chopped parsley and rice to the pot. Cook for 1 minute.

3. Pour the broth and water slowly all around the pan and jiggle the pan to get the rice into an even layer. (Do not stir the mixture going forward!).

4. Bring mixture to a boil. Reduce heat to medium low. Give the pan a gentle shake back and forth just once or twice during the cooking. (Don't ever stir the rice, so that a crispy crust forms at the bottom, called a socarrat).

5. Cook for about 15-18 minutes (uncovered), then nestle the shrimp, mussels, clams, and calamari into the mixture, sprinkle peas on top and continue to cook (without stirring) for about 5 more minutes. Watch for most of the liquid to be absorbed, and the rice at the top is nearly tender. (If for some reason your rice is still not cooked, add $\frac{1}{4}$ cup more water or broth and continue cooking).

**If you are using white fish chunks, add them about 3 minutes before you add the other seafood.

6. Remove pan from heat and cover pan with a lid or tinfoil. Place a kitchen towel over the lid and allow it to rest for 10 minutes.

Garnish with fresh parsley and lemon slices. Serve.

Goan Caldo Verde (Portuguese Potato & Spinach Soup)

Cooking Time: 1 hour

Ingredients:

4 medium-sized potatoes
2 TBSP Butter or Olive Oil
1 tsp Garlic Paste/or minced garlic
2 cups Milk (Whole or Fat Free)
2 cups of Vegetable Stock
20-30 Fresh spinach leaves
¼ tsp Nutmeg
Dash of Salt

Instructions:

1. In a Medium pot, peel the potatoes and boil the potatoes until they are very soft.
2. In the pot, add butter/olive oil and garlic paste/mince to the potatoes
3. Cook for 5 minutes
4. Add milk and vegetable stock, stir your ingredients until it comes to a boil.
5. All ingredients to cool for 5 minutes
6. Remove the thick stems from the spinach leaves and place them one on top of the other
7. Roll the spinach up tightly in your hands, cut them into thin slices. At this point, you will have created thin spinach ribbons; for your soup topping
8. Blend the warm soup, nutmeg and dash of salt until smooth
9. Divide soup among 4 to 6 soup bowls, and top off soup with 6-7 spinach ribbons.