

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 ¼ 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.

Pan Con Tomate (Spanish Tomato Bread)

Prep Time: 5 minutes Cook Time: 5 minutes Total Time: 10 minutes

Ingredients:

1 loaf ciabatta bread or similar hearty bread
3 tomatoes, large and very ripe (i.e., Heirloom tomatoes)
Extra virgin olive oil (i.e., Hojiblanca Spanish Olive Oil)
1 to 2 garlic cloves, slices in half
Sea Salt or Kosher Salt
Splash of Fresh Lime juice (optional)

Instructions:

1. Turn the broiler function of your oven and position a rack about 6 inches away from the heat source.
2. Slice the bread loaf in half lengthwise then in 2-inch slices. Brush the bread generously with virgin olive oil and arrange it on a sheet pan. Toast in the heated oven about 6 inches from the broiler for 3 minutes or until the bread is lightly golden brown.
3. Slice a small part at the very tip of the tomatoes and grate the tomatoes over the large holes of a box grater. Discard the peel. Season the tomato puree with salt and a splash of lime juice, if you like.
4. When the bread is ready, rub the garlic cloves over the hot bread, then spread the grated tomatoes over the bread. Serve.

Notes:

- This tomato bread is best served soon after you prepare it. Do not wait too long where the bread can get soggy.
- This recipe makes about 10 slices of tomato bread; you can plan 2 slices per person.

Arroz de Marisco (Portuguese rice and seafood)

Ingredients:

- 4 Tablespoons of extra virgin olive oil plus a little more to drizzle over dish before serving
- 1 yellow onion, chopped
- 4 tablespoons minced garlic
- 1 lb fresh clams
- 1 lb fresh mussels
- 1 lb. fresh shrimp peeled and de-veined.
- 1 cup dry white wine
- 2 Tablespoons Paprika
- 2 Tablespoons tomato paste
- 2 cups clam juice—usually you will find this near the canned fish in the grocery store
- 2 chopped tomatoes
- 3 bay leaves
- 2 cups of uncooked white rice

Directions:

1. Wash the clams and mussels carefully. Remove any beards from the mussels—wispy black hair like material. If a clam or mussel is opened, tap the shell. If it doesn't close, discard; it means the clam or mussel is dead and could spoil the dish
2. Sauté the chopped onions and garlic until in the 4 Tablespoons of olive oil until they are soft, then add the tomato paste and sauté 2 minutes.
3. Add the seafood, wine, paprika, clam juice, chopped tomatoes and bay leaves
4. Cook until the seafood is just done—the shrimps are opaque, and mussels and clams have opened.
5. Strain the juice from the stew, saving the liquid. Keep the seafood also.
6. Cook 2 cups of rice in 4 cups of the liquid from the seafood mixture until the rice is just tender. Save any remaining seafood liquid. It is ok if all of the seafood liquid has not been absorbed by the rice as long as the rice is tender. The rice is supposed to be a bit wetter than in many rice dishes. If all of the seafood liquid was absorbed by the rice, you may have some of the remaining liquid, or a little water or a small amount of diced tomatoes with their juice because you are going to reheat the dish when combined.
7. Combine the rice and seafood and reheat until the seafood and rice are both hot.
8. Serve in a bowl or individual plates, depending upon your family's style.

Arroz con huevos (Rice with eggs) - Spanish

Ingredients:

½ cup brown rice, converted
¼ cup onion, chopped
1 garlic clove, minced
¼ tsp salt
½ cup green bell pepper, chopped
2 TBSP salsa, jarred
½ cup tomatoes, chopped
2 eggs
2 TBSP cheddar cheese, shredded

Directions:

1. In a medium saucepan, combine rice, onion, garlic, salt, and 1 cup of water. Cover and bring to a boil over high heat. Reduce to simmer and cook, covered for 10 minutes.
2. Meanwhile, bring 2 to 3 inches of water to boil in a deep skillet
3. When rice is done, stir in bell pepper, salsa, and tomato. Set aside, covered.
4. Break cold eggs, one at a time, into a custard dish or saucer. Holding dish close to the water's surface, slip eggs one by one, into boiling water. Adjust heat to maintain a simmer. Cook until whites are set, and yolks begin to thicken but are not hard, about 5 minutes.
5. With a slotted spoon, lift eggs out. Drain in a spoon or on paper towels. Trim ragged edges, if desired.
6. To serve, divide rice mixture between 2 plates and top each with a poached egg. Sprinkle with cheese and serve immediately.

There are numerous variations of Arroz con huevo. Spaniards frequently pair it with a savory sofrito. In the Caribbean it is commonly accompanied by plantains. The base for this recipe is eggs – poached or fried, freshly grated cheese and fresh finely chopped parsley.

Sofrito is an aromatic combination of herbs and spices that is used to season numerous dishes, but it is most commonly used as the base on which the rest of the dish can be prepared. The name sofrito is Spanish meaning to lightly fry something over a low flame. The first sofrito was called **sofregit** and consisted of only onions, leeks, and salt pork or bacon. A Spanish sofrito typically incorporates peppers, garlic, tomatoes, onions, olive oil and paprika. In Puerto Rico, it is often referred to as **recaito** and is made with coriander and sweet chili peppers. Cuban sofrito often incorporates red bell peppers, diced ham and tomatoes. The Yucatan version uses habanero peppers for a spicy kick.

Portugueses Pumpkin & Carrot Soup – Sopa de Abóbora e Cenoura

(serves 4)

Ingredients:

Extra Virgin Olive Oil
1 medium white/yellow onion
2 cloves garlic
2 medium carrots
1kg/2.2lbs of pumpkin
Ground nutmeg
½ cup milk (lactose free milk works too)
Cilantro/Coriander
Sea salt & freshly ground pepper, to taste

Preparation:

1. Cut the pumpkin. Save the meaty part and the seeds and separate them. Throw out the stringy part and the outside skin.
2. Wash the seeds with water, drain and put them to one side
3. Cut up the meaty part of the pumpkin in 3cm (1 1/5") cubes and set them aside
4. Peel and dice the carrots into 1-2 cm (½-¾ ") pieces and set them aside.
5. Finely chop the onion and garlic

Directions:

1. Set stove to medium heat. Drizzle enough olive oil to nearly cover the bottom of a deep pot and place on the stove.
2. Add the chopped onion and garlic and let them refoegar (let the onions get golden yellow without burning), stirring regularly. Pre-heat your oven to 175C/350F for roasting the seeds.
3. Add 1/5 cups of water to the onion and garlic. After a minute, add the carrots and pumpkin. Stir occasionally.
4. Boil some water with a couple of teaspoons of salt in a small pot and add the seeds. After 7-8 minutes, drain the water and lay out the seeds on a baking sheet, spreading them out as much as possible. Put in the oven for about 25 minutes until they are crunchy.
5. As you continue to stir the pot on the stove, notice the pumpkin and carrots starting to get softer. Once you can easily crush the pumpkin cubes with a wooden spoon, lower the heat. Either take an immersion blender and blend directly in the pot or move the contents to an alternative recipient to blend.
6. Once the soup becomes creamy (put back in the pot, if you had to move it), add salt and pepper to taste and add a generous amount of nutmeg, also to taste. On medium heat again, add the milk, stirring constantly, until it nearly boils, and then turn off the heat.
7. Remove the cilantro/coriander stalks and chop the leaves finely. The recipe used 25 leaves. Stir them in and serve hot.