

# Torrijas

**Type:** Tappas/Snack    **Serves:** 30 tastes    **Recipe source:** spanishsabores.com  
**Fresh from the garden:** lemons, eggs

EQUIPMENT:	INGREDIENTS:
Frypan Measuring spoons Measuring cups Bowls Knives Saucepan Baking tray Whisk Peeler	4 large eggs 1 cup of sugar 1 litre whole milk 2 teaspoons of cinnamon 3 tablespoons of honey Good quality Extra Virgin Olive Oil 1 tablespoon of lemon zest 1 teaspoon of cardamom seeds A thick bar of slightly stale French bread (like a thick French toast)

## What to do:

1. Bring the milk,  $\frac{1}{2}$  cup of sugar, lemon peel, and cardamom seeds to a slow boil. Cut the bread in thick slices.
2. When the milk mixture has been cooking for about 15 minutes, turn off the heat and soak the slices of bread in this mixture. Be careful not to completely wet them to the point that they will break apart, but try to get them to absorb as much milk as possible.
3. Let the slices of wet bread rest and cool (some liquid may be lost).
4. Whisk the eggs in a shallow bowl and dip the slices in the egg mixture. In the meantime, heat up about  $\frac{1}{2}$  an inch of the olive oil in a deep, heavy pan on medium-high heat.
5. Fry the slices two by two, flipping them halfway so that both sides are nice and crisp.
6. Let the French toast rest on paper towels to absorb excess oil. In another bowl mix the remaining sugar ( $\frac{1}{2}$  cup) with the cinnamon.
7. Cover the slices in the cinnamon sugar mixture and reserve.
8. Finally, make the syrup. Take the remaining cinnamon and sugar from coating the torrijas and add it to a medium-sized pot. Add a bit more sugar to completely cover the bottom of the pot if necessary.
9. Add 2 cups of warm water to the sugar and bring it to a boil.
10. Add the honey (you can add more or less depending on preference).
11. Allow the syrup to simmer for about 30 minutes until it reduces to the right consistency.
12. Take the syrup off the heat and after about 15 minutes spoon it over the French toast. The torrijas should be completely soaked in the syrup. Allow them to completely cool before putting them into the refrigerator.
13. Refrigerate the torrijas for at least 4 hours, but preferably overnight.
14. Enjoy within two or three days for best quality! (I doubt they'll last that long anyway!)

# Spanish Omelette

**Type:** Breakfast/Main   **Serves:** 30 taste   **Recipe source:** taste.com  
**Fresh from the garden:** potatoes, onion, eggs

EQUIPMENT:	INGREDIENTS:
Measuring spoons Measuring cups Wooden spoons Bowls Knives Chopping boards Peeler Frying pan	1 chorizo sausage, thinly sliced 1 large brown onion, halved, cut into thin wedges 1 tablespoon olive oil 2 large Golden Delight potatoes, peeled thinly sliced 10 eggs

## What to do:

1. Heat a large non-stick frying pan over medium heat. Cook the chorizo for 2 minutes each side or until browned. Transfer to a bowl.
2. Add the onion to the pan and cook, stirring, for 3 minutes or until light golden and just tender. Transfer to a separate bowl.
3. Heat the oil in the pan over medium heat. Arrange half the potato, overlapping slightly, over the base of the pan to cover completely.
4. Top with half the chorizo and half the onion. Repeat with remaining potato, chorizo and onion.
5. Whisk eggs and water in a large bowl. Season with salt and pepper. Pour into the pan. Reduce heat to medium-low.
6. As the omelette sets, gently pull up the edge so any uncooked egg runs underneath. Repeat 2-3 times during cooking.
7. Cook for 20-25 minutes or until almost set.
8. Preheat grill on high.
9. Cook under grill for 5-10 minutes or until golden.

# Sweet Potato Croquettes

**Type:** Main      Serves: 30 tastes

**Recipe source:** SAKGF

**Fresh from the garden:** sweet potato, mixed herbs, eggs

## EQUIPMENT:

Colander  
Fork  
Measuring spoons  
Measuring cups  
Wooden spoons  
Bowls  
Knives  
Chopping boards  
Peeler  
Saucepan  
Frying pan  
Kitchen paper

## INGREDIENTS:

2 eggs, lightly whisked  
3 large sweet potatoes, peeled  
and chopped into 2cm dice  
2 handfuls mixed herbs  
1 teaspoon salt  
 $\frac{1}{2}$  plain flour  
3 cups breadcrumbs  
1 tablespoon water  
2 tablespoons butter  
 $\frac{1}{2}$  teaspoon black pepper  
2 tablespoons vegetable oil

## What to do:

1. Steam the sweet potato until tender, about 15 minutes.
2. Drain in a colander, then pour the sweet potato back into the pot and mash it with a fork or potato masher.
3. In a large bowl, combine the mashed sweet potatoes, salt, pepper, butter and mixed herbs. Mix until all ingredients are thoroughly combined.
4. Chill in the freezer for 20 minutes.
5. Lightly beat the eggs in a small bowl, and add 1 tablespoon of water to the eggs.
6. Put the flour and breadcrumbs into separate bowls.
7. Once the mixture is cold, use a  $\frac{1}{4}$  cup measure to shape the mixture into small croquettes with your clean hands. Make sure you have enough croquettes for every diner to have at least one.
8. Dip the croquettes into the flour, then into the egg, then back into the breadcrumbs.
9. Heat the oil in a frypan or large shallow pan.
10. Carefully shallow-fry the croquettes in the hot oil until they are golden brown and crisp on the outside - it should take a few minutes.
11. Make sure they are not too crowded in the frying pan, and cook them in batches if necessary.
12. Remove from oil and drain on several layers of kitchen paper before serving.

# Spinach Cheese Empanadas

**Type:** snack/tapas **Serves:** 30 Tastes **From the Garden:** spinach, garlic

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Measuring spoons	1 cup water
Measuring cup	$\frac{3}{4}$ cup butter
Saucepan	2 $\frac{3}{4}$ cups flour
Wooden spoon	2 t salt
Knife	Pinch paprika
Baking tray	<b><u>Spinach Cheese Filling:</u></b>
Rolling pin	1 T butter
	2 T olive oil
	3 cloves garlic
	1 t chilli powder
	6 spinach leaves
	1 cup ricotta cheese
	250g mozzarella cheese
	2 T parmesan cheese
	Salt & pepper to taste

## **WHAT TO DO:**

1. Heat water and butter in a saucepan until butter has melted.
2. Mix the flour and salt in large mixing bowl and make a well in the centre and sprinkle a pinch of paprika in the well.
3. Pour a little of the warm liquid in and stir to make a wet paste.
4. Pour in remaining liquid and work the flour into the dough with your hand until you get a wet, oily dough.
5. Wrap the dough in plastic and leave for at least 2 hours.

## **Make the filling:**

1. Heat the butter and olive oil in a saucepan over medium-high heat until melted.
2. Add the garlic and chilli powder and saute until the garlic becomes fragrant.
3. Add the spinach and saute until spinach is wilted.
4. Remove from heat and stir in the ricotta cheese, parmesan cheese, and cooked spinach together.

## **Assemble the empanadas:**

1. Preheat the oven to 375 F (180 C).
2. Tear off pieces of dough to roll lightly. Use a rolling pin, roll out dough balls on lightly floured surface into circles about 1.5 cm thick.
3. Place 2-3 tablespoons of filling in the centre of each dough circle.
4. Fold over and press edges firmly to seal.
5. Rope pinch the edges tightly
6. Place empanadas on to baking paper on oven trays and bake until golden brown, approximately 20-25 minutes.

# Agua Fresca

**Type:** Beverage

**Serves:** 30 Tastes

**From the Garden:** variety of fresh fruit, lime juice

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Measuring spoons Measuring cup Saucepan Wooden spoon Knife Baking tray Rolling pin	4 cups drinking water 2 cups fresh fruit 1/4 cup sugar (or equivalent in another sweetener) 2 teaspoons fresh- squeezed lime juice lime wedges for garnish (optional) ice (optional)

## **WHAT TO DO:**

1. In a blender combine water, sugar, and fruit. Puree until smooth.
2. Pour mixture (through a sieve, if desired) into a pitcher or serving container.
3. Stir in lime juice.
4. Add additional sugar, if necessary. Garnish with a lemon or lime wedge.
5. Serve over ice, if you like—though if you are striving for an authentically Mexican agua fresca you will want to ice the drink in the pitcher rather than in the individual glasses or refrigerate your drink beforehand and avoid the ice altogether.

# Pan Con Tomate

**Type:** Side/Snack    **Serves:** 30 tastes    **Recipe source:** [seriouseats.com](http://seriouseats.com)

**Fresh from the garden:** tomatoes, garlic

EQUIPMENT:	INGREDIENTS:
<p>Measuring spoons Measuring cups Bowls Knives Baking trays</p>	<p>2 large, tomatoes Kosher salt 1 loaf ciabatta, split in half horizontally lengthwise, cut crosswise into 1 1/2-inch slices Extra-virgin olive oil 2 medium cloves garlic, split in half Flaky sea salt</p>

## What to do:

1. Split tomatoes in half horizontally. Place a box grater into a large bowl.
2. Rub the cut faces of the tomatoes over the large holes of the box grater, using the flattened palm of your hand to move the tomatoes back and forth.
3. The flesh should be grated off, while the skin remains intact in your hand. Discard the skin and season the tomato pulp with kosher salt to taste.
4. Adjust rack to 4 inches below broiler and preheat broiler to high.
5. Place bread, cut side up, on a cutting board and drizzle with olive oil. Season with kosher salt.
6. Place bread, cut side up, on a rack set in a tray or directly on the broiler rack and broil until crisp and starting to char around the edges, 2 to 3 minutes.
7. Remove bread from oven and rub with the split garlic cloves. Spoon tomato mixture over bread.
8. Drizzle with more extra-virgin olive oil and season with flaky sea salt.
9. Serve immediately.