

Spanish Salad

Type: snack **Serves:** 30 Tastes

From the Garden: tomatoes, lettuce

EQUIPMENT:	INGREDIENTS:
Measuring spoons	3 butter lettuces
Measuring cup	20ml (1 tablespoon) red wine vinegar
Spatula	2 teaspoons Dijon mustard
Chopping board	80ml (1/3 cup) extra virgin olive oil
Knife	1/4 cup pitted, sliced green olives
Bowls	1/4 cup pitted, sliced black olives
Wooden spoon	2 vine-ripened tomatoes, de-seeded, chopped
Grater	
Baking tray	
Frypan	
Tongs	
Food processor	

WHAT TO DO:

1. Discard outer lettuce leaves, so you are left with only the hearts. Cut each heart into quarters and set aside.
2. Place vinegar and mustard in a bowl and season with salt and pepper. Gradually add oil, whisking to combine. Stir in olives and tomatoes.
3. Place two quarters of lettuce on each plate and drizzle with the dressing.

Spinach Cheese Empanadas

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

EQUIPMENT: Measuring spoons Measuring cup Saucepan Wooden spoon Knife Baking tray Rolling pin	INGREDIENTS: 1 cup water $\frac{3}{4}$ cup butter 2 $\frac{3}{4}$ cups flour 2 t salt Pinch paprika <u>Spinach Cheese Filling:</u> 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
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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.

Spanish Bread

Type: snack/side **Serves:** 30 Tastes **From the Garden:** eggs

EQUIPMENT: Measuring spoons Measuring cup Spatula Chopping board Knife Bowls Wooden spoon Rolling pin Baking tray Tongs	INGREDIENTS: 3 cups bread flour 1- 1 1/2 cups plain flour 1/2 cup sugar 1 tsp salt 1 pouch rapid rise yeast 3 egg yolks 3/4 cups evaporated milk or fresh milk 1/2 cup melted butter 1/2 cup water extra flour for kneading Filling: 1/3 cup softened butter 1/4 cup brown sugar 1/3 cup bread crumbs 1/4 tsp vanilla
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WHAT TO DO:

- Combine filling ingredients together
- Dissolve yeast in warm water (110-115 degrees F). Stir to dissolve and let stand for 5-10 minutes until bubbly. Set aside.
- In a large bowl, combine the milk, sugar, butter, egg yolks and salt.
- Blend well then add the yeast mixture.
- Add flour to make a moderate stiff dough. **Note: Check the consistency of the dough before putting all the remaining flour. Dough should be moderate to stiff and elastic.
- Knead the dough on a lightly floured surface for about 10 minutes or until dough is smooth & elastic.
- Transfer the dough to a greased bowl, cover with a damp cloth and let it rise in a warm place for at least an hour.
- After rising, transfer the dough onto a lightly floured surface.
- Use a dough slicer to divide the dough into 4 equal parts.
Roll each part until it forms into a log. Cut each log into equal pieces.
- Flatten the dough with a rolling pin until it stretches into a triangular shape.
- Spread some filling then roll up.
- Cover the dough with bread crumbs and place on lightly greased baking sheet or tray with the end at the bottom.
- Cover the tray with a damp cloth and let it rise for 20-30 minutes.
- Preheat oven to 325 degrees F.
- Bake for 20-25 minutes.
- Serve hot. Enjoy!

Vegetarian Paella

Type: main **Serves:** 30 Tastes **From the Garden:** onion, lemons, garlic, tomatoes, parsley

EQUIPMENT:	INGREDIENTS:
Measuring spoons	2 tablespoons olive oil
Measuring cup	1 onion, sliced
Chopping board	2 garlic cloves, sliced
Knife	1 pinch each saffron and chilli flakes
Bowls	1/2 teaspoon smoked paprika
Wooden spoon	Finely grated zest and juice of 1 lemon
Grater	1 cup (220g) medium-grain rice
Frypan	400g can cherry tomatoes
Tongs	300ml vegetable stock, heated

WHAT TO DO:

- 1.** Heat oil in a large frypan over medium heat.
- 2.** Add onion, garlic, saffron and chilli flakes, then season and cook, stirring, for 3-4 minutes until onion starts to soften.
- 3.** Add the paprika and lemon zest and cook, stirring, for 1 minute or until fragrant.
- 4.** Add the rice and cook for 1-2 minutes, stirring to coat the grains. Add the wine, cherry tomatoes and hot stock, stirring to combine.
- 5.** Bring to a simmer, stirring, then cover the surface closely with baking paper.
- 6.** Reduce heat to medium-low. Cook for 12-15 minutes until rice is just cooked.
- 7.** Add artichoke, asparagus and beans, then cook, uncovered, for 2 minutes to warm through.
- 8.** Squeeze over lemon juice, garnish with parsley and serve.

Spanish Tortilla with Greens & Herb Salad

Type: snack **Serves:** 30 Tastes **Source:** Taste.com

From the Garden: onion, basil, tarragon, parsley, potatoes, lemons, garlic, lettuce

EQUIPMENT:	INGREDIENTS:
Measuring spoons	3 cups olive oil
Measuring cup	1 large brown onion, thinly sliced
Spatula	500g (about 3) brushed starchy potatoes (or try Cream Delight), peeled, halved, cut into 4mm slices, soaked in water for 10 mins and well drained
Chopping board	6 Eggs, beaten
Knife	2 tsp White Wine Vinegar
Bowls	2 tsp fresh lemon juice
Wooden spoon	1 tsp Dijon Mustard
Grater	100g 4 Leaf Lettuce Blend
Frypan	basil leaves, roughly torn
Tongs	flat-leaf parsley leaves, torn
Saucepan	tarragon leaves, torn

WHAT TO DO:

1. In a large heavy pot, heat the oil to 170°C. Add the onion and cook for 8 mins or until the onions are cooked and start to brown. Using a slotted spoon, transfer the onions to paper towels to drain the excess oil. Season lightly with salt.
1. Return the temperature of the oil to 170°C and add the potatoes. Cook, stirring frequently, for 12 mins or until the potatoes are cooked and start to brown. Using a slotted spoon, transfer the potatoes to paper towels to drain the excess oil. Season lightly with salt. In a large bowl, toss the onions and potatoes with the egg and season with 1 tsp salt. Reserve the oil.
2. Heat a non-stick frying pan over medium heat. Add 1 tbsp of the reserved oil and the potato-egg mixture. Using a spatula, lightly stir the mixture for 4 mins or until beginning to set on the bottom. Then allow the mixture to cook without stirring for 3 mins or until the edges of the mixture have set. Using the spatula, release the tortilla from the pan. Slide gently onto a large plate. Invert the plate, flipping the uncooked side into the pan. Cook for 3 mins or until the tortilla is set. Transfer to a cutting board and set aside while you make the salad.
3. In a medium bowl, whisk together the vinegar, lemon juice and Dijon mustard. Whisk in 1 1/2 tbsp of the reserved oil, discarding the remaining oil. Add the lettuce and herbs, and toss to coat. Slice the tortilla as desired and serve warm or at room temperature with the salad.

Churros con Chocolate

Type: snack **Serves:** 30 Tastes **From the Garden:** eggs **Source:** Taste.com

EQUIPMENT:	INGREDIENTS:
Measuring spoons	250ml (1 cup) water
Measuring cup	100g unsalted butter
Spatula	150g (1 cup) plain flour
Saucepan	1/4 teaspoon salt
Knife	3 eggs, lightly whisked
Bowls	Vegetable oil, to deep-fry
Wooden spoon	80g (1/2 cup) icing sugar mixture, sifted
Tongs	200g good-quality dark chocolate, coarsely chopped
	250ml (1 cup) milk

WHAT TO DO:

- 1.** Combine water and butter in a medium saucepan and bring to the boil over high heat. Cook, stirring, for 3-4 minutes or until butter melts. Remove from heat.
- 2.** Add the flour and salt and stir with a wooden spoon until well combined and the dough comes away from the side of the saucepan. Cover with plastic wrap and set aside for 15 minutes or until cool.
- 3.** Add the eggs, 1 at a time, beating well after each addition, until well combined. Spoon dough into a piping bag fitted with a 2cm-diameter fluted nozzle.
- 4.** Add enough oil to a large saucepan to reach a depth of 6cm. Heat to 180°C over medium heat (when oil is ready a cube of bread will turn golden brown in 15 seconds). Using a small sharp knife to cut the dough, pipe four 10cm lengths into the oil. Deep-fry for 1-2 minutes or until golden brown. Use a slotted spoon to transfer churros to a plate lined with paper towel. Dust with icing sugar. Repeat with the remaining dough, reheating oil between batches.
- 5.** Meanwhile, combine the chocolate and milk in a medium saucepan over medium heat. Cook, stirring, for 5 minutes or until chocolate melts and the mixture is smooth.
- 6.** Arrange churros on a platter and serve with chocolate dipping sauce.