

Libro de cocina



Libro de Cocina

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Tapas



ACEITUNAS ALIÑADAS

INGREDIENTS: (MAKES 3 CUPS)

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| 1-pound jar large Spanish green olives
with pits, drained and rinsed | 2 bay leaves |
| 2 lemon wedges | 1 teaspoon dried oregano |
| 2 tablespoons extra-virgin olive oil | ½ teaspoon paprika |
| ½ cup red wine vinegar | ⅛ teaspoon freshly ground pepper |
| 6 garlic cloves, peeled | 1 teaspoon cumin seeds,
crushed, or ground cumin |
| 2 or 3 sprigs fresh thyme or 1 teaspoon
dried | 1 teaspoon fennel seeds |

With a sharp knife, slit in olive to allow marinade to penetrate. Place olives in a glass jar. Add remaining ingredients and enough water to cover the olives. Cover the jar. Shake well, refrigerate, and allow to marinate for at least three days, or better, for more than 2 weeks. The olives will keep in the refrigerator for many months.

ALMEJAS A LA MARINERA

INGREDIENTS: (MAKES 6–8 SERVINGS)

2 dozen small clams, thoroughly scrubbed
1 tablespoon cornmeal or flour
4 tablespoons minced onion
1 tablespoon lemon juice
3 garlic cloves, minced
1 bay leaf
3 tablespoons minced parsley
freshly ground pepper

Put the clams in a bowl, cover with salted cold water, and sprinkle with cornmeal. Refrigerate, uncovered, several hours or overnight.

Drain, rinse, and dry clams. Heat the oil in a large, heavy skillet. Sauté the onion and garlic over high heat. Just before the garlic begins to brown, add clams and cook, about 3 minutes. Stir in the lemon juice, bay leaf, 1 tablespoon parsley, and pepper. Reduce heat to medium, cover, and cook, removing clams as they open to a warm platter; add a little water if the liquid evaporates before all the clams have opened since finished dish should have some sauce. Return opened clams to the casserole, heat 1 minute, and sprinkle with remaining parsley.



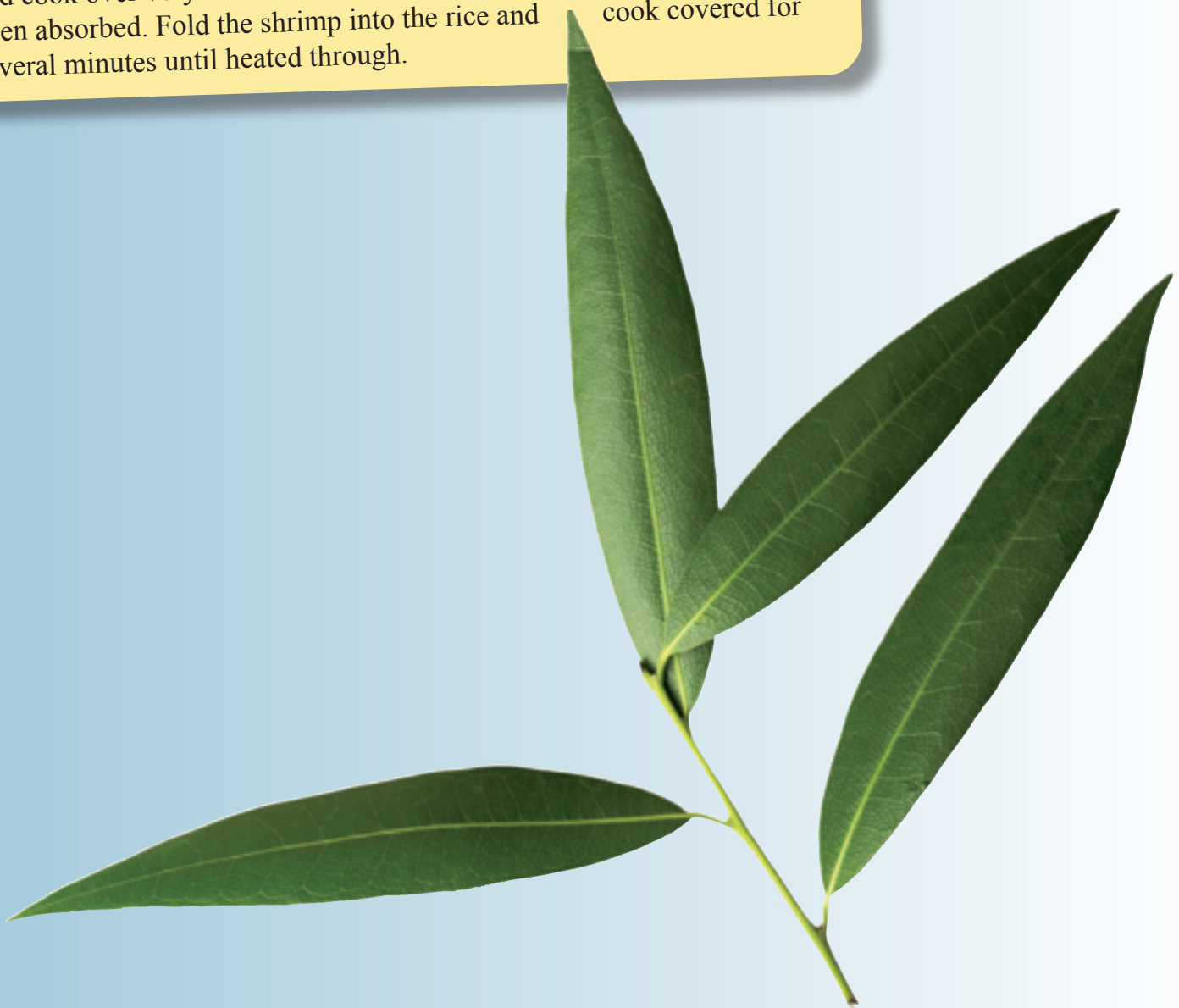
Tapas

ARROZ CON CAMARONES

INGREDIENTS: (MAKES 6 SERVINGS)

- | | |
|--|--|
| 3 tablespoons olive oil | 2 tablespoons fresh coriander, chopped |
| 2 medium onions, finely chopped | 1 bay leaf |
| 2 cloves garlic, chopped | salt and pepper |
| 2 cups long-grain rice | 1 pound cooked shrimp, chopped into
½-inch pieces |
| 4½ cups chicken stock | |
| 1 cup tomatoes, peeled, seeded,
and chopped | |

In a large frying pan, sauté the onion and garlic in olive oil over medium heat until the onion is tender but not browned. Stir in the rice and cook until it has absorbed all the oil. Do not allow it to brown. Add the chicken stock, tomatoes, coriander, and bay leaf. Salt and pepper to taste. Cover and cook over very low heat until the rice is tender and all the liquid has been absorbed. Fold the shrimp into the rice and cook covered for several minutes until heated through.



CHIPAS

INGREDIENTS: (MAKES 8 SERVINGS)

1 egg
2/3 cup milk
6 ounces shredded Italian cheese blend
3 tablespoons butter, melted
1 3/4 cups tapioca starch
1 cup self-rising flour

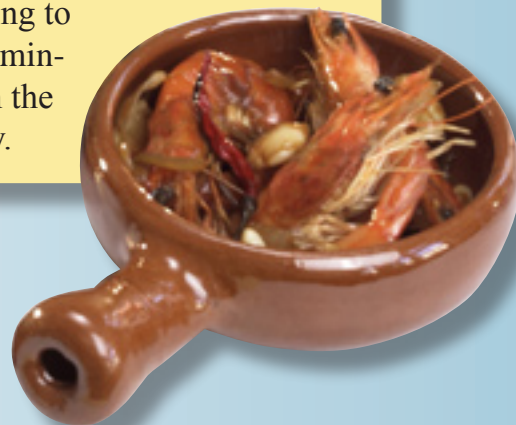
Preheat oven to 350° F. Prepare a baking sheet with cooking spray and set aside. Stir together egg, milk, cheese, and butter in a large bowl. Sprinkle in tapioca starch and flour. Stir to form dough. Knead dough for 2 minutes on a lightly floured surface. Roll into golf ball-sized balls and place on baking sheet. Bake 10–15 minutes until golden brown.

GAMBAS AL AJILLO

INGREDIENTS: (MAKES 4–6 SERVINGS)

3/4 pound small shrimp in their shells
salt
4 tablespoons olive oil
4 garlic cloves, sliced
2 tablespoons minced parsley
1 small dried red chili pepper, halved and seeds removed, or
1/4 teaspoon crushed red pepper
1 tablespoon lemon juice
1 tablespoon dry white wine

Shell the shrimp. (It is not necessary to devein them.) Sprinkle with salt. Heat the oil, garlic, and chili pepper in a heavy skillet over medium-high heat. When the garlic is just beginning to brown, add the shrimp and cook, stirring, about 1 minute, or until just done and firm to the touch. Stir in the lemon juice, wine, and parsley. Serve immediately.



Tapas



GUACAMOLE

INGREDIENTS:

- 2 medium, ripe avocados
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 tomato, chopped
- 2 tablespoons lime juice

Peel and mash avocados with a fork in a medium bowl. Stir in onion, garlic, tomato, and lime juice. Salt and pepper to taste. Chill for 30 minutes before serving. Can be served with tortilla chips as a dip or as a garnish for other dishes.

MEJILLONES EN VINAGRETA

INGREDIENTS: (MAKES 4–6 SERVINGS)

2 dozen mussels, scrubbed and debearded	2 tablespoons finely chopped pimiento
1 tablespoon cornmeal or flour	3 tablespoons minced parsley
9 tablespoons olive oil	salt and freshly ground pepper
3 tablespoons lemon juice	1 hard-boiled egg, minced
2 tablespoons minced Spanish onion	

Put the mussels in a bowl, cover them with salted cold water, and sprinkle with cornmeal. Refrigerate, uncovered, several hours or overnight.

Drain and rinse mussels. In a glass-covered skillet, steam mussels with $\frac{1}{2}$ cup water over high heat. Remove mussels as they open. Throw away any mussels that fail to open. Separate mussels from their shells and reserve half of each shell. Clean reserved shells well and refrigerate.

In a large bowl, whisk together oil and lemon juice. Stir in the onion, pimiento, 2 tablespoons parsley, and salt and pepper. Add mussels and stir. Cover and refrigerate several hours or overnight.

To serve, return mussels to chilled half shells and dress with some marinade, minced egg, and remaining parsley.



Tapas

PAN CON TOMATE

INGREDIENTS:

- 1 loaf crusty bread, sliced thick
- 1 garlic clove, peeled
- olive oil
- 1 teaspoon sugar
- 3 medium tomatoes, halved
- salt and pepper to taste
- 1 shallot, peeled

Combine ingredients in a food processor and blend until smooth. Straining to remove tomato seeds and skins is optional. Serve chilled. Spread over toasted bread lightly drizzled with olive oil. Add a thin slice of **queso manchego**, if available.



PINCHO MORUNO

INGREDIENTS: (MAKES 4 SERVINGS)

- | | |
|-------------------------------|-----------------------------|
| 1 garlic clove, minced | ¼ teaspoon salt |
| 1 teaspoon ground cumin | freshly ground pepper |
| ¼ teaspoon ground coriander | 2 tablespoons olive oil |
| 1 teaspoon paprika | 1 pound boneless pork loin, |
| ¼ teaspoon crushed red pepper | cut in 1-inch cubes |

Combine spices, garlic, and oil in a medium bowl. Add pork and mix to coat thoroughly with marinade. Cover and refrigerate several hours or overnight, stirring occasionally.

Remove pork from marinade and thread onto 4 short skewers. Grill over a hot charcoal fire or broil 4 inches from flame, turning once, until meat is just cooked but still juicy, about 4 minutes.

SALPICÓN DE MARISCOS

Tapas

INGREDIENTS: (MAKES 6 SERVINGS)

one 1½ -pound lobster
¾ pound medium-large shrimp
in their shells
¼ pound bay scallops, or halved
sea scallops
10 tablespoons olive oil
3 tablespoons sherry wine vinegar
1 tablespoon capers, chopped
3 small scallions, finely chopped
1 garlic clove, minced
1 small ripe tomato, chopped
½ green bell pepper, finely chopped
1 tablespoon minced parsley
salt and freshly ground pepper

Bring 12 cups salted water to a boil over high heat. Add the lobster, cover, and cook about 15 minutes. Remove lobster to a platter and let cool. Pour off half the water, bring the remaining water to a boil, and add shrimp and scallops. Cook about 1 minute or until just done. Remove shrimp and scallops to a plate and let cool. Shell lobster and shrimp; cut lobster into chunks.

Whisk the oil and vinegar together in a large bowl. Stir in the remaining ingredients. Gently stir in the shellfish. Cover and refrigerate several hours or overnight.

SETAS SALTEADAS

INGREDIENTS: (MAKES 8–10 SERVINGS)

1 pound wild or cultivated
mushrooms, wiped clean
2 tablespoons olive oil
salt and freshly ground pepper
2 tablespoons minced parsley
2 garlic cloves, minced
lemon juice

If the mushrooms are small, trim stems and leave whole; if they are large, cut them in halves or quarters. Heat the oil in a large skillet and sauté the mushrooms over high heat for 1 minute. Season with salt and pepper and sprinkle with the parsley and garlic. Continue cooking briefly until mushrooms have softened, about 2 to 3 minutes. Drizzle with lemon juice and serve immediately.



Tapas

TORTILLA ESPAÑOLA

INGREDIENTS: (MAKES 8–10 TAPA SERVINGS; 4 MAIN COURSE)

olive oil	salt
2½ pounds baking potatoes, peeled and slices ¼-inch thick	½ medium onion, thinly sliced
	4 large eggs

Preheat the oven to 350°F. Grease a 13-by-9-inch roasting pan with 2 teaspoons oil. Arrange a layer of potatoes in the pan. Sprinkle with salt and layer with some of the onion. Drizzle with oil. Continue to make layers with remaining potatoes and onion, using 3 tablespoons oil in all. Roast for 45 minutes, loosening and turning potatoes occasionally with a metal spatula.

Beat the eggs well in a large bowl with a fork. Season with salt. Add the potatoes and onion, separating individual pieces so they are all coated with egg. Let sit about 10 minutes.

Heat 1 tablespoon oil in an 8- or 9-inch skillet. Add the egg-potato mixture, press flat with the spatula, and reduce heat to medium-high. Shake skillet constantly to prevent sticking. As soon as the underside begins to brown, slide the omelet onto a plate. Place another plate over it, and flip. Heat 1 teaspoon oil in the skillet and slide the omelet back into the skillet. Keep shaking the skillet as the omelet cooks. Brown lightly, turn again, and cook until egg is just set. Slice in wedges or small squares and serve hot or at room temperature.





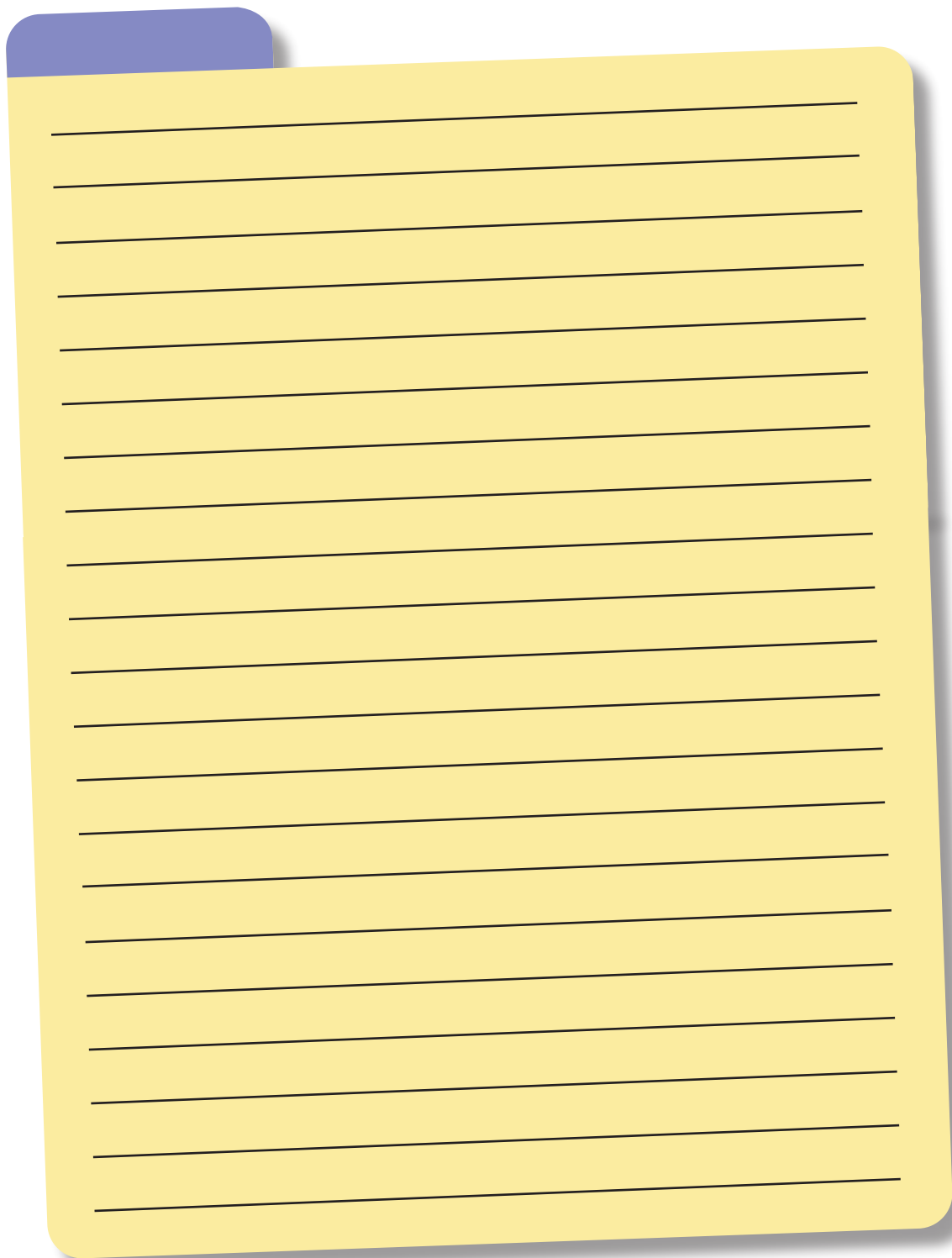
TOSTONES

INGREDIENTS: (MAKES 4 SERVINGS)

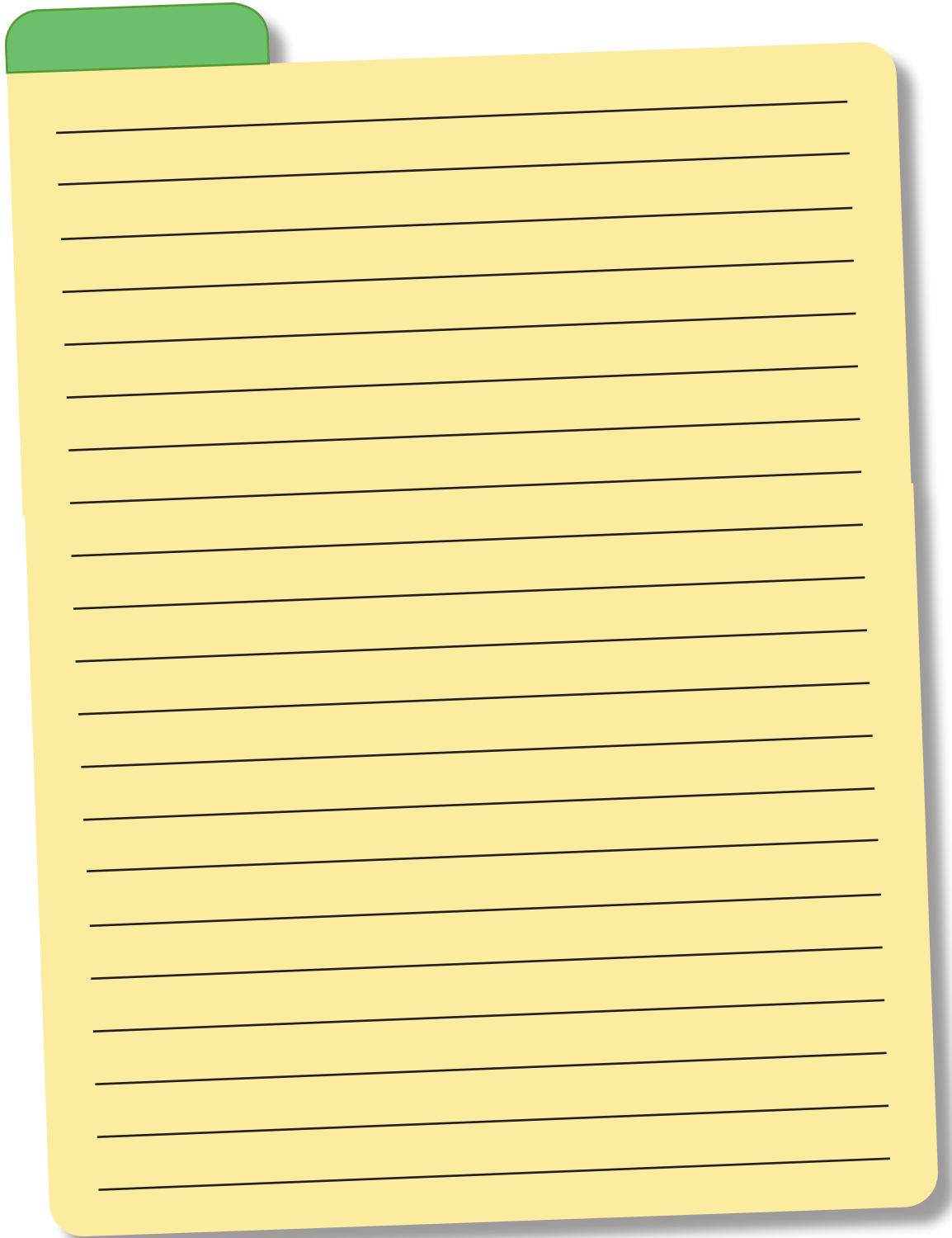
5 tablespoons vegetable oil
2 green plantains
salt

Peel plantains and slice into 1-inch thick pieces. Heat the oil in a large skillet. Place plantain slices in the oil and fry on both sides, approximately 3½ minutes per side. Remove the plantains with a slotted spoon and flatten them to a thickness of 1/3 inch using a flat-bottomed glass or small plate. Then return them to the hot oil and fry until well-browned. Drain on a paper towel. Salt to taste and serve immediately.

Personalized Cards



Personalized Cards



Soups

CALDO GALLEGO

INGREDIENTS: (MAKES 4-6 SERVINGS)

¼ pound dried white beans,
such as Great Northern
10 cups water
2 beef or ham bones
1 leek, well washed
½ pound beef chuck, very lean
and meaty pork short ribs,
or fresh ham hocks

¼ pound salt pork or slab bacon,
cut in 1-inch cubes
2 medium red potatoes, peeled
and quartered
1½ cups chopped Swiss chard,
collard greens, or kale,
thick stems trimmed
salt and freshly ground pepper

Cover beans with cold water and soak overnight. Drain and rinse.

In a large soup pot, combine beans with the water, bones, leek, beef, and salt pork. Bring to a boil, cover, and simmer for 1½ to 2 hours, or until beans are almost done. Add the potatoes, Swiss chard, salt, and pepper. Cook 30 minutes. Turn off the heat, cover, and let sit 15 minutes or more to thicken.

Remove the leek and the beef (if using,) cut into pieces, return to soup, and reheat.

GAZPACHO A LA ANDALUZA

INGREDIENTS: (MAKES 6 SERVINGS)

1 pound fresh tomatoes, cut in pieces
1 pound canned plum tomatoes,
with juices
1 green bell pepper, diced
2 teaspoons sugar
¼ teaspoon ground cumin
4 tablespoons sherry wine vinegar or
5 tablespoons red wine vinegar
2 tablespoons olive oil
1 cup cold water

2 Kirby cucumbers or 1 small
cucumber, peeled and
cut in pieces
½ small onion, halved
2 garlic cloves, chopped
salt
small croutons and finely
chopped tomato, cucumber,
and green bell pepper for
garnish, if desired

Combine all the ingredients except garnish in a food processor in batches and blend until pureed. Strain into a bowl, pressing with the back of a spoon to extract all the liquid. Adjust vinegar and salt to taste. Cover and refrigerate several hours or overnight. (The gazpacho gains in flavor if chilled overnight.) Garnish the soup as desired just before serving.

SANCOCHO

INGREDIENTS: (MAKES 6 SERVINGS)

2½ quarts water	2 green plantains, peeled and cut into 6 pieces
1 tablespoon salt	1 large onion, chopped
¼ cup chopped fresh cilantro	2 pounds potatoes, peeled
4 cloves garlic, crushed	4 pounds yucca, cut into 6 pieces
6 chicken leg quarters	

Place the water into a large pot and add salt, cilantro, garlic, chicken, plantains, and onion. Bring to a boil and let cook for 20 minutes. Then add the potatoes and yucca to the pot and continue to cook for another 20 minutes or until potatoes are tender.



Soups

CALDO DE CARNE SENCILLO

INGREDIENTES: (PARA OCHO PERSONAS)

1 kg de carne melosa de vaca
2 zanahorias
1 nabo
1 rama de apio
1 cebolla
1 clavo de cocina
1 hoja de laurel
1 diente de ajo
sal
200 g de arroz
puré de tomate

1. Raspar las zanahorias y triturarlas.
2. Conservar sólo el rallo del apio, retirarle los hilos y picarlo.
3. Pelar el nabo y trituarlo con las zanahorias.
4. Pelar el diente de ajo y pincharlo con el clavo.
5. En una olla honda con agua fría y sal, disponer la carne. Cuando empiece a hervir, espumarla.
6. Agregar a la carne las zanahorias, el apio, el nabo, la hoja de laurel, el diente de ajo con el clavo y dejar cocer el caldo unas dos horas a fuego muy lento.
7. Al cabo de ese tiempo, colar el caldo y separar la carne.
8. En una cazuela con el caldo, cocer unos veinte minutos el arroz.
9. Trocear la carne ya tierna y servirla con un puré de tomate.

CONSOMÉ MADRILEÑO

INGREDIENTES: (PARA CUATRO PERSONAS)

500 g de carne de vaca
300 g de carne de pollo
1 tomate maduro y rojo
4 tomates maduros pero fuertes
pimienta blanca molida

1. En una olla con agua y un poco de sal, poner a hervir a fuego normal la carne de vaca y el pollo.
2. A la media hora, retirar del fuego la carne, quitar los huesos y la piel de pollo y triturlarla.
3. Disponer de nuevo la carne en la olla.
4. Mientras, se habrá escaldado en agua hirviendo el tomate maduro, pelarlo y convertirlo en puré.
5. Añadir al caldo de carne 1 cucharada de puré de tomate y dejar sobre el fuego 1 hora más.
6. Al cabo de ese tiempo, desgrasar el caldo.
7. Pelar los tomates frescos con la ayuda de un cuchillo de cocina muy afilado y cortarlos en dados. Sazonarlos con un poco de sal y pimienta.
8. Dejar enfriar el consomé y añadir los tomates cortados en dados.
9. Servir el consomé en tazones pero sólo llenos hasta la mitad, ya que de por sí resulta muy fuerte a causa de la carne de vaca y de pollo, y al enfriarse queda gelatinoso.

Soups

SOPA DE AJO CON JAMÓN

INGREDIENTES: (PARA CUATRO PERSONAS)

1 barra de pan de 250 g
4 dientes de ajo
1 l de agua
2 cucharadas de manteca de cerdo
1 punta de jamón
½ cucharada de pimentón dulce
sal

1. Cortar el pan en rebanadas muy finas
2. Picar el jamón
3. Pelar los dientes de ajo y triturarlos.
4. En una cazuela amplia y plana de barro, disponer las rodajas de pan y el jamón picado.
5. En una olla, calentar un litro de agua con sal, el pimentón, los ajos y la manteca.
6. Dejar la olla a fuego normal hirviendo durante unos diez minutos.
7. Verter el caldo anterior sobre las rebanadas de pan, tapar la cazuela y servir.

SOPA DE ESPINACAS

INGREDIENTES: (PARA CUATRO PERSONAS)

500 g de espinacas frescas
4 cucharadas de queso rallado
1 l de caldo de cocido
2 huevos
aceite
costrones de pan frito
sal

1. Limpiar cuidadosamente las espinacas. Dejar las hojas en remojo en agua fría.
2. Freír en aceite los costrones de pan.
3. En una cazuela honda con agua y sal, cocer las espinacas. Escurrirlas y picarlas finamente.
4. En una sartén amplia con un poco de aceite, rehogar las espinacas.
5. Cuando estén frías, añadir los huevos batidos y un poco de queso rallado.
6. Calentar el caldo y verterlo en la sopera sobre los costrones de pan frito.
7. Disponer en la sopera las espinacas y dejar reposar la sopa unos minutos con la sopera tapada.
8. Servir enseguida.

SOPA DE POLLO

INGREDIENTES:

- 1 taza de cebolla picada
- 1 taza de apio
- 1 taza de zanahorias cortadas en rebanadas
- 3 dientes de ajo machacados
- ½ cucharadita de pimienta negra
- 10 tazas de caldo de pollo
- 1½ tazas de pollo cortado en cubitos ($\frac{3}{4}$ de una libra)

RECETA

Ponga la cebolla, el apio, las zanahorias, el ajo y el caldo de pollo en un horno holandés. Poner a hervir; remover una o dos veces. Baje el fuego y déjelo cocer a fuego lento sin tapar por 15 minutos. Añadir el pollo; dejar cocer a fuego lento de 5 a 10 minutos.

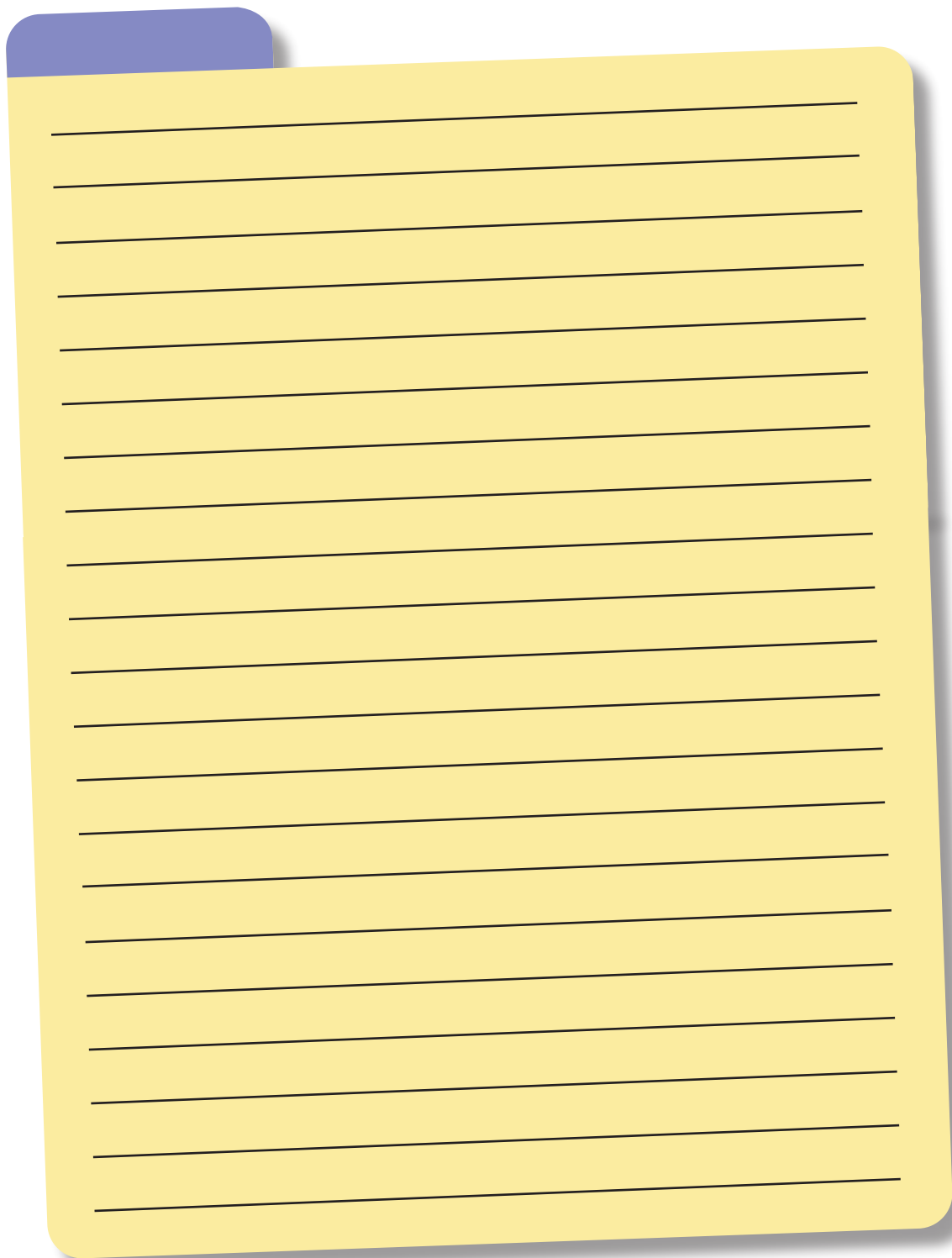
SOPA MANCHEGA

INGREDIENTES: (PARA CUATRO PERSONAS)

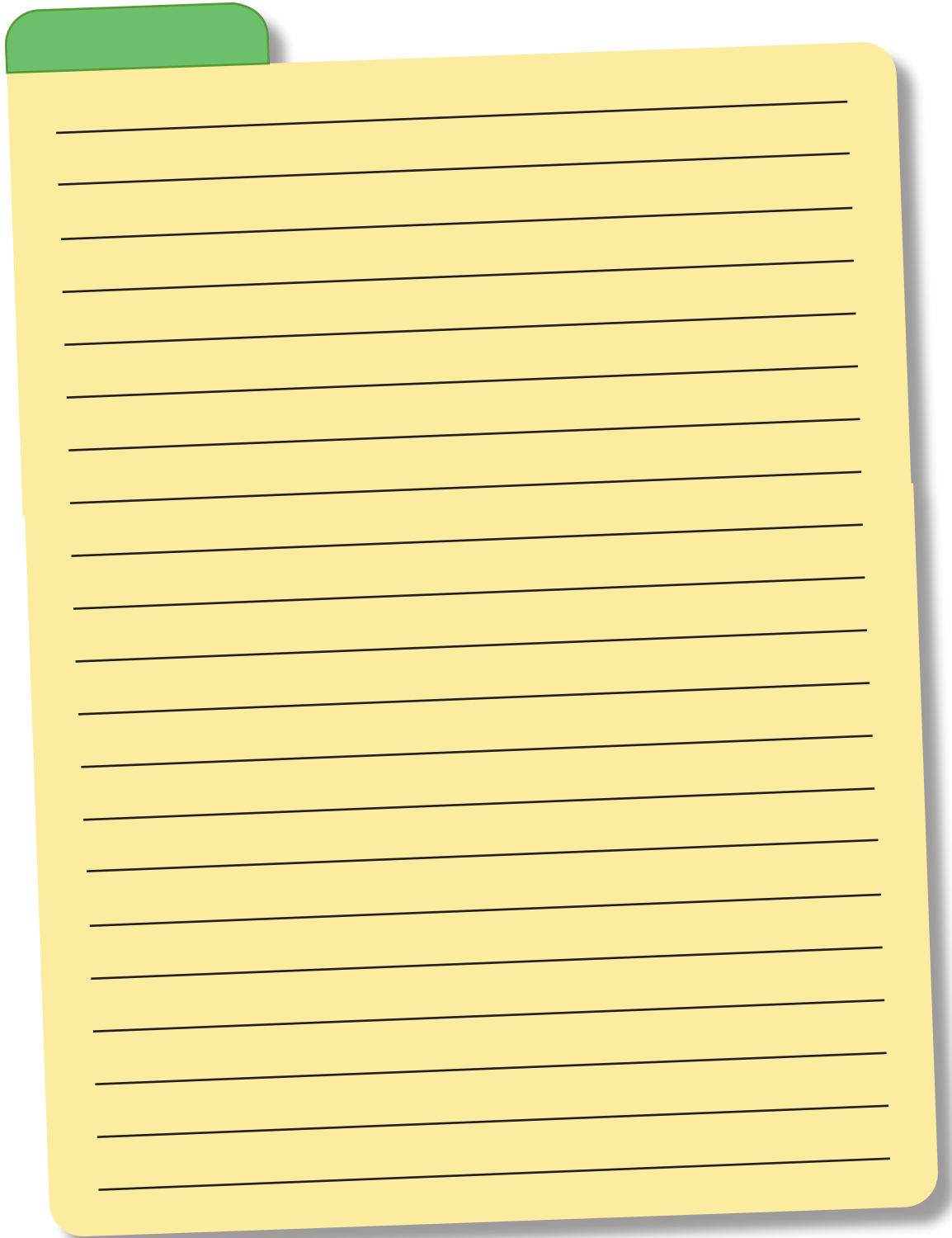
- 1 cebolla
- 1 diente de ajo
- 1 manojo de espárragos finos
- 1½ l de caldo de cocido
- aceite
- unas hebras de azafrán
- unas rebanadas de pan del día anterior
- perejil
- pimienta

1. Pelar y triturar la cebolla y el diente de ajo.
2. Picar finamente el perejil.
3. Pelar y retirar la parte más dura de los espárragos y trocearlos.
4. Machacar en un mortero el ajo, el perejil, el azafrán, sal y pimienta.
5. En una sartén con aceite caliente, sofreír los trocitos de espárragos junto con la cebolla.
6. En una cazuela de barro, colocar en el fondo las rebanadas de pan y verter encima el caldo caliente, el sofrito de cebolla y espárragos y la picada del mortero.
7. Llevar la cazuela a fuego muy lento y dejarla unos veinte minutos.
8. Servir en la misma cazuela.

Personalized Cards



Personalized Cards



Entrées

ARROZ CON CAMARONES

INGREDIENTS: (MAKES 6 SERVINGS)

3 tablespoons olive oil
2 medium onions, finely chopped
2 cloves garlic, chopped
2 cups long-grain rice
4½ cups chicken stock
1 cup tomatoes, peeled, seeded, and chopped
2 tablespoons fresh coriander, chopped
1 bay leaf
salt and pepper
1 pound cooked shrimp, chopped into ½-inch pieces

In a large frying pan, sauté the onion and garlic in olive oil over medium heat until the onion is tender but not browned. Stir in the rice and cook until it has absorbed all the oil. Do not allow it to brown. Add the chicken stock, tomatoes, coriander, and bay leaf. Salt and pepper to taste. Cover and cook over very low heat until the rice is tender and all the liquid has been absorbed. Fold the shrimp into the rice and cook covered for several minutes until heated through.

ARROZ TAPADO

INGREDIENTS: (MAKES 6 SERVINGS)

3 cloves garlic, minced
2 tablespoons oil
lemon juice
salt
4 cups water
1 pound washed rice
1 onion, finely chopped
2 pounds ground beef
2 tomatoes, finely chopped
1 tablespoon tomato paste
4 teaspoons raisins
5 black olives, chopped
2 hard-boiled eggs, finely chopped
1 teaspoon parsley, chopped

Sauté the garlic in oil. Add a few drops of lemon juice, salt, and water. Bring to a boil. Add the rice and continue to cook for 20–25 minutes or until rice is done. In another pan, sauté the onions. Add the meat, tomatoes, tomato paste, raisins, olives, egg, and parsley. Mix well. Coat the inside of a 1-cup measuring cup with a little oil or shortening. Fill halfway with rice, add some of the meat mixture, and top off with more rice. Invert onto a plate and carefully remove the measuring cup. Repeat for each serving.

COCIDO MADRILEÑO

INGREDIENTS: (MAKES 6 SERVINGS)

- ¾ pound dried chick peas
- 12 cups water
- 1 pound beef chuck
- 1 pound large chicken thighs
- ¼ pound salt pork or slab
bacon
- ¼ pound cured ham, thick-sliced
- 1 beef bone
- salt and freshly ground pepper
- ¼ pound chorizo or other
mild sausage
- 1 large carrot
- 2 large whole garlic cloves plus
1 clove, minced
- 1 turnip, halved
- 1 large leek, well washed
- 1 small whole onion plus 3
tablespoons chopped onion
- 2 parsley sprigs
- few threads saffron
- 6 small red potatoes, skin on
- 2 tablespoons olive oil
- 1 small green cabbage, coarsely
chopped
- 3 ounces very thin noodles

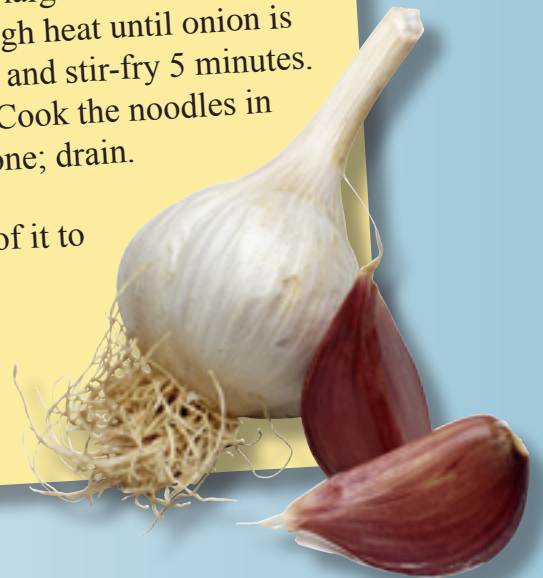
Cover the chick peas with cold water and soak overnight.

In a large soup pot, combine the water, beef, chicken, salt, pork, ham, beef bone, salt, and pepper. Bring to a boil, cover, and simmer 1½ hours. Let cool and refrigerate overnight. Remove solidified fat if preferred.

Drain and rinse chick peas and place in a string bag. Add to soup pot with the chorizo, carrot, whole garlic, turnip, leek, whole onion, parsley, and saffron. Bring to a boil, cover, and simmer about 2 hours, or until chick peas are almost tender. Add potatoes and cook 30 minutes more. Taste for salt.

Meanwhile, prepare the cabbage. Heat the oil in a large skillet and sauté minced garlic and chopped onion over medium-high heat until onion is wilted. Add cabbage. Season with salt and pepper and stir-fry 5 minutes. Cover, lower the heat, and cook 5 minutes more. Cook the noodles in a separate pan of boiling salted water until just done; drain.

To serve, strain the broth and return just enough of it to the pot to keep the remaining ingredients moist. Combine broth with noodles and serve as a first course. Cut meats and vegetables into serving pieces. Arrange with cabbage on a large platter with the chick peas heaped in the center.



Entrées

EMPANADAS

INGREDIENTS: (MAKES 8 8-INCH SERVINGS)

Filling:

½ pound ground beef	½ teaspoon salt
1 tablespoon vegetable oil	½ teaspoon pepper
1 small onion, chopped	10 green olives, sliced
½ teaspoon ground cumin	¼ cup raisins
½ teaspoon paprika	

Sauté chopped onion in oil. Add meat and cook until well-browned. Mix in seasonings and cook over medium heat for 20 minutes. Remove from heat and mix in olives and raisins.

Shell:

1½ cups flour	2 tablespoons cooking oil
1 teaspoon baking powder	1 teaspoon water
3 tablespoons cold butter or margarine	3 eggs, beaten

Sift flour and baking powder into a medium bowl. With two knives, cut in butter and oil until coarsely blended. Add water and eggs and mix until dough holds together. Roll dough to ⅛-inch thickness on a lightly floured surface. Using a saucepan cover or plate, cut 8-inch circles from dough and place them on a lightly greased baking sheet. Place ⅓ to ½ cup filling in the center of each circle. Fold each circle in half, moisten edges with water, and firmly press edges together with a fork. Bake at 400° for 25 minutes.





ENCHILADAS VERDES

INGREDIENTS: (MAKES 4 SERVINGS)

Filling:

- | | |
|-----------------------------------|------------------|
| 2 chicken breast halves with bone | |
| 2 cups chicken broth | ¼ onion |
| 1 clove garlic | 2 teaspoons salt |

In a saucepan, combine chicken breasts, chicken broth, garlic clove, one-quarter onion, and 2 teaspoons salt. Bring to a boil and continue boiling for 20 minutes. Reserve broth, discard onion and garlic, and set chicken aside to cool. Shred chicken from the bone when cool.

Sauce:

- | | |
|--------------------------|----------------|
| 1 pound fresh tomatillos | 1 clove garlic |
| 5 serrano peppers | 1 pinch salt |
| ¼ onion | |

Place tomatillos and serrano chiles in a pot with water to cover. Bring to a boil and continue boiling until tomatillos turn a dull green. Strain tomatillos and chiles. Place onion, garlic clove, and salt in a blender with sufficient reserved chicken broth to cover vegetables by about an inch. Purée. Pour the salsa into a medium saucepan and bring to a low boil.

- | | |
|---------------------|---------------------------------|
| 12 corn tortillas | ½ onion, chopped |
| ¼ cup vegetable oil | 1 bunch fresh cilantro, chopped |
| 1 cup white cheese | |

Heat oil in a frying pan. Fry tortillas slightly one at a time in very hot oil. Set each on a paper towel to soak up oil. Dip the slightly fried tortillas in low-boiling salsa until tortillas become soft again. Place on plates and fill or top with shredded chicken. Top with shredded cheese, chopped onion, and cilantro.

Entrées

HUEVOS A LA FLAMENCA

INGREDIENTS: (MAKES 4 SERVINGS)

- | | |
|--|--------------------------------|
| 2 tablespoons olive oil | ½ teaspoon paprika |
| 1 garlic clove, minced | 1 tablespoon minced parsley |
| 1 medium onion, finely chopped | salt and freshly ground pepper |
| ¼ pound cured ham, sliced ¼-inch
thick and diced | 8 large eggs |
| ¼ pound chorizo or other mild
sausage, cut in ¼-inch slices | 8 asparagus spears, cooked |
| 1½ pounds fresh or canned
tomatoes, finely chopped | ¼ pound green beans, cooked |
| | 1 pimiento, cut in strips |

Heat the oil in a skillet. Sauté the garlic and onion over medium-high heat until the onion is wilted. Add the ham and chorizo and sauté 1 minute.

Remove the chorizo with a slotted spoon and set aside. Mix in the tomatoes, paprika, parsley, salt, and pepper. Cover and cook ham mixture over low heat for about 15 minutes.

Preheat oven to 450°F. Divide the tomato mixture into 4 shallow 6-inch casseroles. Crack the eggs and gently slide 2 into each casserole. Arrange chorizo, asparagus, peas, beans, and pimiento on top. Bake until the eggs are just set, about 5 minutes in all; check for doneness after 4 minutes. Serve in the casseroles.



POLLO AL AJILLO

INGREDIENTS: (MAKES 4 SERVINGS)

one 3-pound chicken, cut in
small serving pieces
salt

5 tablespoons olive oil
6 garlic cloves, chopped, plus
1 clove, minced
1 tablespoon minced parsley

Sprinkle chicken with salt. Heat the oil in a heavy skillet and brown the chicken over medium-high heat on all sides. Add the chopped garlic, reduce heat to medium, and cook, stirring occasionally, for 30 minutes. Stir in the minced garlic and parsley. Cover and cook for 15 minutes more, or until the juices run clear when the thigh is pricked with a fork.

POLLO EN PEPITORIA

INGREDIENTS: (MAKES 4 SERVINGS)

one 3½-pound chicken, cut in
serving pieces
salt and freshly ground pepper
2 tablespoons olive oil
1 onion, chopped
1 garlic clove, minced, plus 2
cloves, mashed through a
garlic press
2 teaspoons all-purpose flour

1 cup chicken broth
pinch of nutmeg
1 bay leaf
20 blanched almonds, finely
ground
few threads saffron
2 tablespoons minced parsley
1 hard-boiled egg, finely chopped

Season the chicken with salt and pepper. Heat the oil in a heavy skillet and brown the chicken over medium-high heat on all sides. Stir in the onion and minced garlic and cook until onion is wilted. Stir in the flour; then add broth, nutmeg, and bay leaf. Cover and cook over medium heat about 45 minutes, or until juices run clear when the thigh is pricked with a fork.

Meanwhile, mash together the almonds, saffron, a pinch of salt, the pressed garlic, and 1 tablespoon parsley (in a mortar, small processor, or bowl).

When the chicken is done, remove the bay leaf, stir in the almond mixture, and taste the sauce for salt. Sprinkle the egg and remaining parsley over the top.

Entrées

VIEIRAS A LA GALLEGA

INGREDIENTS: (MAKES 4 SERVINGS)

2 tablespoons olive oil
1 pound bay scallops, or sea
scallops cut in halves
salt and freshly ground pepper
½ cup minced onion

1 garlic clove, minced
¼ cup minced cured ham
½ cup bread crumbs
1 tablespoon minced parsley
1 teaspoon lemon juice

Grease 4 small casseroles. Heat 1 tablespoon oil in a large skillet. Sauté scallops over high heat for 1 minute. Divide scallops among the casseroles. Sprinkle with salt and pepper.

Add the onion and garlic and, if necessary, a little more oil to the skillet. Cover and cook over low heat 15 minutes. Add the ham and sauté 1 minute. Spoon mixture over scallops.

Preheat oven to 450°F. In a small bowl, combine bread crumbs, parsley, lemon juice, and remaining oil. Sprinkle over the scallops. Bake 10 minutes. Run under the broiler to brown the top crumbs. Serve immediately.

ARROZ CON POLLO

INGREDIENTES:

- 3 tomates
- 2 cebollas grandes
- 2 pimientos (uno verde y uno rojo)
- 4 dientes de ajo
- 1 pollo en partes
- 3 chorizos
- 1 paquete de guisantes congelados
- 1 frasco de (pimientos) morrones (rojos)
- 1½ tazas de arroz
- 3 tazas de consomé de pollo
- unas pizcas
- 3 de azafrán o bujol
- ¼ (una cuarta) taza de aceite de oliva
- una pizca de sal y pimienta



PREPARACIÓN

1. Pique los tomates, pimientos, cebollas y ajo.
2. Corte en rodajas los chorizos.
3. Fría o ase el pollo aparte (se puede preparar el pollo en partes [muslos, media pechuga, piernas] o se puede cortarlo en pedazos deshuesados).

ELABORACIÓN

Se usa una sartén o una olla grande.

1. Fría ligeramente en el aceite los pimientos y las cebollas picadas.
2. Agregue (Añada) a la misma sartén el ajo y los tomates y fría ligeramente a fuego lento unos dos o tres minutos.
3. Agregue el arroz.
4. Revuelva el arroz con los tomates, cebollas, morrones y ajo.
5. Añada el pollo.
6. Agregue el consomé de pollo y llévelo a la ebullición.
7. Agregue el azafrán o bujol.
8. Ponga sal y pimienta a su gusto.
9. Tape la sartén o la olla y cocine a fuego lento encima de la estufa unos treinta minutos.
10. Al final agregue los guisantes y pimientos morrones.

Entrées

LA PAELLA

INGREDIENTES:

- 3 tomates
- 4 calamares
- 1 paquete de guisantes congelados
- 2 cebollas grandes
- 12 almejas
- 1 bote de pimientos morrones
- 2 pimientos (uno verde y uno rojo)
- 12 mejillones
- 1½ tazas de arroz
- 4 dientes de ajo
- langosta (opcional)
- 3 tazas de consomé de pollo
- ½ kilo de camarones
- 1 pollo en partes
- 4 pizcas de azafrán
- 3 chorizos
- ¼ taza de aceite de oliva

PREPARACIÓN

1. Pique los tomates, los pimientos, las cebollas y el ajo.
2. Lave las almejas y los mejillones en agua fría.
3. Limpie y pele los camarones.
4. Limpie y corte en rebanadas los calamares.
5. Corte en rebanadas los chorizos.
6. Fría o ase el pollo aparte.



ROPA VIEJA

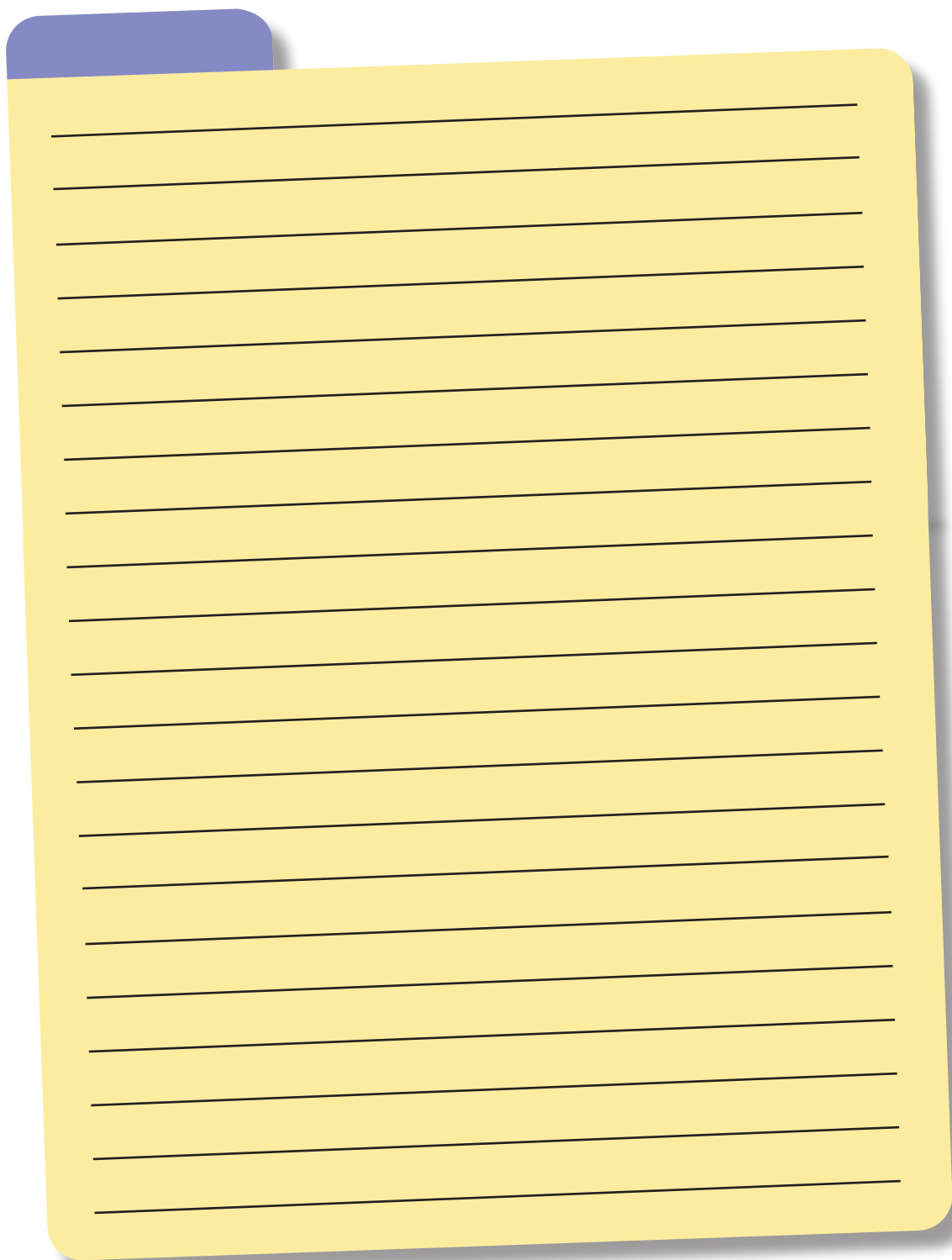
INGREDIENTES:

- ½ kg de carne (de ternera, bife) picada
- 1 cebolla
- 1 pimiento verde y un pimiento rojo
- 3 dientes de ajo
- 1 cucharadita de orégano
- una pizca de pimienta
- ½ taza de tomate cocido (o enlatado)
- 3 cucharadas de aceite de oliva
- ½ taza de caldo (consomé de pollo)

PREPARACIÓN O COCCIÓN

Corte los pimientos, las cebollas y los ajos en trocitos. Fría los pimientos, las cebollas y los ajos en el aceite de oliva con una pizca de pimienta y el orégano. Añada la carne picada y revuelva todos los ingredientes (unos dos minutos). Añada el caldo y cueza (cocine) a fuego mediano hasta que se evapore el caldo. Sirva con arroz blanco.

Personalized Cards



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Sides

ENSALADA DE AGUACATE Y PIÑA

INGREDIENTS: (MAKES 4 SERVINGS)

shredded iceberg lettuce
1 large avocado, peeled and sliced
olive oil
salt and pepper

2 cups pineapple chunks
1 small onion, sliced thin
red wine or cider vinegar

Mix together lettuce, pineapple, avocado, and onion in a large bowl. Add olive oil and vinegar and toss until all ingredients are lightly coated. Add salt and pepper to taste.



HABAS A LA CATALANA

INGREDIENTS: (MAKES 4 SERVINGS)

1 pound fresh or frozen lima beans or fresh fava beans
salt and freshly ground pepper
1 small scallion
2 sprigs fresh mint plus 2 teaspoons chopped fresh mint plus sprigs for garnish
1 bay leaf
½ teaspoon Dijon-style mustard

1 tablespoon sherry wine vinegar
2 tablespoons olive oil
1 garlic clove, minced
1 tablespoon minced parsley
2 teaspoons chopped fresh thyme or ¼ teaspoon dried
2 ounces cured ham, cut in julienne strips
½ head Boston lettuce, shredded

Place the beans in a saucepan and cover them with water. Add the salt and pepper, scallion, mint sprigs, and bay leaf. Bring to a boil and simmer, covered, about 30 minutes, or until beans are tender.

Mix the mustard and vinegar together in a large serving bowl. Whisk in the oil, garlic, chopped mint, parsley, thyme, salt, and pepper.

Drain the beans, discard the bay leaf, and add the beans to the vinaigrette with the ham and lettuce. Toss and garnish with more mint sprigs.

LOCRO

INGREDIENTS: (MAKES 6–8 SERVINGS)

4 tablespoons butter	1 cup light cream
1 teaspoon sweet paprika	½ pound Muenster cheese, grated
medium onion, finely chopped	salt
4 pounds potatoes, peeled and sliced	avocado for garnish
1 cup milk	

Heat the butter in a large sauce pan. When melted, stir in the paprika. Add the onion and sauté over moderate heat until the onion is softened. Add 4 cups water and increase heat to a boil. Add the potatoes and reduce heat. Allow to simmer uncovered 20–25 minutes. Stir occasionally. Just before the potatoes are cooked through, add the cream and milk, stirring from time to time until the potatoes start to break up. Stir in the cheese. Salt to taste and serve right away. This dish can be garnished with slices of avocado.



PATATAS POBRES

INGREDIENTS: (MAKES 4 SERVINGS)

3 tablespoons olive oil	salt
4 medium baking potatoes, peeled and sliced ⅛-inch thick	1 tablespoon minced garlic
	1 tablespoon minced parsley

Heat the oil in a large skillet over high heat. Reduce heat to medium-high, arrange a single layer of potatoes in the pan, and sprinkle with salt. Turn the potatoes with a spatula to coat with oil. Add another layer of potatoes and salt, and turn to coat. Repeat with the remaining potatoes. Cover and cook over medium heat, turning once, until potatoes are tender, about 20 minutes. Sprinkle with garlic and parsley.

Sides

PATATAS BRAVAS

INGREDIENTS: (MAKES 4 SERVINGS)

1 tablespoon olive oil	4 medium baking potatoes, peeled
1 bay leaf	and cut in ¼-inch strips
1 garlic clove, lightly crushed	salt and freshly ground pepper

Preheat the oven to 400°F. Grease a 13-by-9-inch roasting pan with the oil. Add the bay leaf, garlic, potatoes, salt, and pepper. Turn to coat potatoes with oil. Roast about 45 minutes, turning occasionally so the potatoes do not stick. The potatoes should be crusty and golden.

Spicy Tomato Sauce:

1 tablespoon olive oil	¼ teaspoon crushed red pepper
2 tablespoons minced onion	or to taste
1 garlic clove, minced	1 teaspoon fresh thyme or
1 teaspoon sweet paprika	¼ teaspoon dried
1 cup tomato sauce	1 tablespoon minced parsley
pinch of sugar	salt and freshly ground pepper

Heat the oil in a small saucepan. Sauté the onion and garlic over medium-high heat until onion is wilted. Stir in the paprika. Add the remaining sauce ingredients. Bring to a boil and simmer, uncovered, 20 minutes. To serve, spoon some sauce over each portion of hot potatoes.

PISTO MANCHEGO

INGREDIENTS: (MAKES 4–6 SERVINGS)

- | | |
|--|--|
| 2 tablespoons olive oil | 1½ pounds ripe tomatoes,
peeled and cubed |
| 2 onions, chopped | 2 medium zucchini, cubed |
| 3 garlic cloves, minced | 1 tablespoon minced parsley |
| 2 tablespoons diced cured ham | ½ teaspoon dried oregano |
| 2 green bell peppers,
cut in large dice | salt and freshly ground pepper |

Heat the oil in a deep pot. Sauté the onions, garlic, ham, and green peppers over medium-high heat until the onion is wilted. Stir in the tomatoes and cook 5 minutes. Add the zucchini, parsley, and oregano. Season with salt and pepper. Simmer, covered, 15 minutes. Uncover and cook off some of the liquid over high heat, if necessary.



SOPA PARAGUAYA

INGREDIENTS: (MAKES 6 SERVINGS)

- | | |
|----------------------------------|--|
| 8 tablespoons butter | 1 large sweet onion, finely chopped |
| 1 cup farmer's or cottage cheese | 1 cup grated Muenster or other mild cheese |
| 2 cups cornmeal | 2 cups cream-style corn |
| 1 teaspoon salt | 1 cup milk |
| 6 eggs, separated | |

Heat half the butter in a skillet and cook the onions over moderate heat until tender, but not brown. Set aside. Combine the remaining butter with the farmer's or cottage cheese and mix thoroughly. Add the next five ingredients and egg yolks and mix thoroughly. Beat the egg whites until soft peaks form and fold them into the batter. Pour the batter into a greased and floured 10-by-13-inch baking pan and bake in a preheated oven at 400°F for 45–55 minutes.

Sides

ENSALADA DE ESCABECHE

INGREDIENTES: (PARA SEIS PERSONAS)

1 kg de tomates maduros
200 g de atún en escabeche
150 g de aceitunas negras
3 huevos
1 cebolla
aceite de oliva
sal

1. En una cazuela con agua hirviendo, escaldar unos minutos los tomates. Dejarlos enfriar, pelarlos y trincharlos.
2. Pelar y picar la cebolla.
3. Desmenuzar el atún.
4. En un pucherito con agua fría, cocer los huevos. Cuando estén en su punto (unos quince minutos) dejarlos enfriar un poco, pelarlos y rallarlos.
5. En una fuente para ensaladas muy plana y de barro, disponer un lecho de tomate.
6. Sobre el tomate triturado, esparcir la cebolla picada y el atún desmenuzado.
7. Rociar con un buen chorro de aceite de oliva y espolvorear con sal.
8. Mezclar los ingredientes con ayuda de unos cubiertos de ensalada de madera.
9. Finalmente, adornar con el huevo duro rallado y las aceitunas.
10. Introducir la ensalada unos instantes en el refrigerador antes de sacar a la mesa.

ENSALADA DE ESPINACAS

INGREDIENTES: (PARA CUATRO PERSONAS)

1 kg de espinacas frescas y muy tiernas
8 cebollitas tiernas
4 zanahorias pequeñas
sal
aceite de oliva
vinagre de calidad

1. Poner las espinacas en remojo en un lebrillo de barro con agua fría. Escurrirlas y cortar las hojas en tiras finas.
2. Pelar y picar finamente las cebollitas y las zanahorias.
3. En un tazón, batir fuertemente 8 cucharadas de aceite, 4 de vinagre y un poco de sal.
4. Disponer las verduras en una ensaladera y dejarla en un sitio frío, unas dos horas.
5. Rociarlas con la salsa.



JUDÍAS VERDES A LA MADRILEÑA

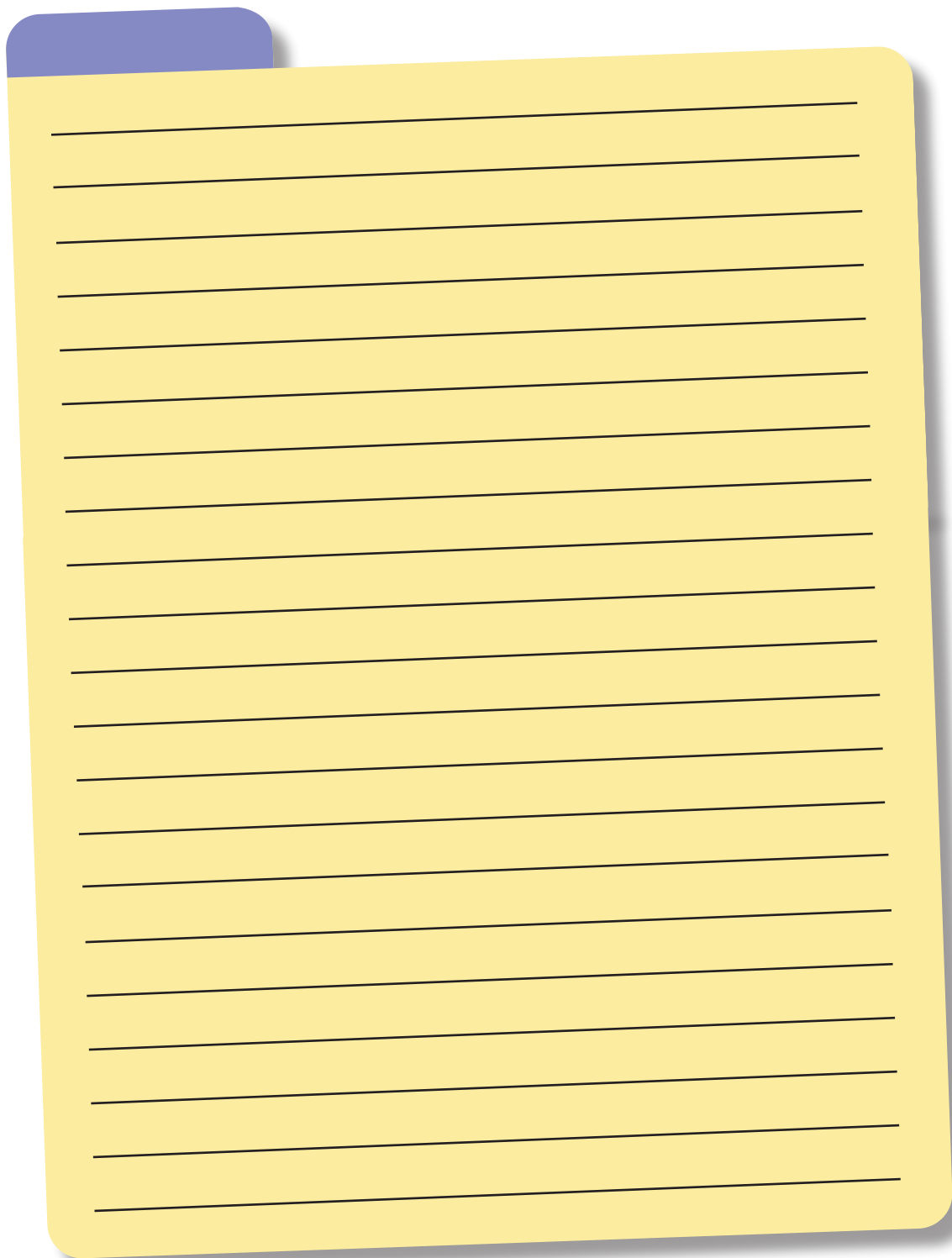
INGREDIENTES: (PARA SEIS PERSONAS)

1 kg de judías verdes
½ kg de tomates maduros
2 dientes de ajo
1 cebolla
6 costrones de pan cortados de forma triangular
aceite
sal
3 lonchas finas de jamón del país magro (optativo)
½ diente de ajo (optativo)

1. Limpiar cuidadosamente las judías partiéndolas por la mitad si son finas y a lo largo si son anchas.
2. Pelar y picar la cebolla y los dientes de ajo.
3. Pelar y triturar los tomates.
4. Freír los costrones de pan en una sartén con aceite hirviendo.
5. Mientras, poner en una cazuela con agua hirviendo y sal las judías verdes y dejarlas cocer unos veinte minutos. Escurrirlas.
6. En el aceite restante de freír los costrones, dorar la cebolla y los 2 dientes de ajo picados. Cuando empiecen a tomar color, añadir los tomates triturados. Dejar a fuego lento unos diez minutos.
7. Formar con el sofrito una salsa espesa.
8. Disponer las judías escurridas conservadas al calor en una fuente para servir recubriéndolas con el sofrito.
9. Es optativo echar 1/2 ajo picado en el puré de tomate o freír unas lonchas de jamón para acompañar.
10. Decorar las judías con los costrones de pan frito y con el jamón.



Personalized Cards



Personalized Cards



Desserts

ARROZ CON LECHE

INGREDIENTS: (MAKES 6–8 SERVINGS)

- | | |
|---------------------------------|-----------------------------|
| 1 cup long-grain white rice | 1 can evaporated milk |
| 1½ cups water | 1 cup whole milk |
| 1 cinnamon stick | ½ cup raisins |
| lemon or orange zest (optional) | ground cinnamon for garnish |
| 1 can condensed milk | |
| 1 can evaporated milk | |

In a saucepan bring water, rice, cinnamon stick, and fruit zest to a boil. Reduce heat, cover, and simmer until most of the water has been absorbed. Stir in condensed, evaporated, and whole milk and continue to cook on low heat, stirring constantly until the mixture thickens (about 15 minutes). Remove cinnamon stick and fruit zest and stir in raisins. Sprinkle with ground cinnamon before serving.

BUNUELOS

INGREDIENTS: (MAKES 8 SERVINGS)

- | | |
|--------------------------|--------------------------------|
| 4 eggs | 1 teaspoon baking powder |
| 1¼ cups sugar | 1 teaspoon salt |
| 1 teaspoon vegetable oil | 1 teaspoon ground cinnamon |
| 2 cups flour | 1 cup vegetable oil for frying |

Combine eggs and ¼ cup sugar in a large bowl and beat until thick and lemon-colored. Add 1 teaspoon of oil. In another bowl, combine 1½ cups flour, baking powder, and salt. Gradually add this to the egg mixture and beat well. Knead dough thoroughly on a floured board (use remaining flour) until smooth. Roll dough into sixteen balls about 5 inches in diameter. Let stand uncovered on waxed paper for 10 minutes. Heat 1 cup of oil in a frying pan to 350° F. Fry dough until golden brown, turning once. Drain on paper towels. Sprinkle with mixture of 1 cup sugar and 1 teaspoon cinnamon.



BUÑUELOS DE VIENTO

INGREDIENTS: (MAKES 8-10 SERVINGS)

½ cup water	¼ teaspoon grated lemon zest
½ cup milk	1 cup all-purpose flour
5 tablespoons pure olive oil plus additional oil for deep-frying	4 large eggs
¼ teaspoon salt	confectioners' sugar for dusting

Bring water, milk, 5 tablespoons oil, salt, and lemon zest to a boil in a saucepan. Add flour, lower heat, and stir vigorously with a wooden spoon until dough leaves the sides of the pan and forms a smooth ball. Cook, turning the dough frequently for 2 to 3 minutes. Remove from heat and cool slightly.

Process dough for 20 seconds in a food processor. Add eggs and process 30 seconds. Heat about 1 inch oil in a large skillet to 370°F. Drop dough by teaspoons into hot oil. The dough should puff, forming fritters and becoming golden and hollow inside. Using a slotted spoon, remove fritters to paper towels to drain and cool. Dust with sugar.

CHURROS

INGREDIENTS: (MAKES ONE PLATEFUL)

vegetable or olive oil	3 eggs
1 cup water	¼ cup sugar
½ cup margarine or butter	¼ teaspoon ground cinnamon (optional)
¼ teaspoon salt	
1 cup all-purpose flour	

Prepare to fry the churros by heating oil in a pan (1 to 1½ inches deep) to 360° F.

To make the dough, heat water, margarine, and salt to a rolling boil in a 3-quart saucepan; stir in flour. Stir vigorously over low heat until mixture forms into a ball, about 1 minute; remove from heat. Beat eggs until smooth and then stir into contents of saucepan.

Spoon mixture into a pastry tube with a large star tip. Squeeze 4-inch strips of dough into the hot oil. Fry 3 or 4 strips at a time until golden brown, turning once, about 2 minutes on each side. Drain on paper towels. Roll churros in sugar (or sugar and cinnamon). Let cool and serve.



Desserts

CREMA CATALANA

INGREDIENTS: (MAKES 6 SERVINGS)

3 cups milk

1 cinnamon stick

peel of ½ lemon

⅛ teaspoon grated nutmeg

6 egg yolks

11 tablespoons sugar

2 tablespoons cornstarch

In a heavy saucepan, bring the milk, cinnamon stick, lemon peel, and nutmeg to a boil. Reduce to a simmer and cook 5 minutes. Remove from heat and let sit 15 minutes. Discard the solids.

In a bowl, whisk the egg yolks, 5 tablespoons sugar, and cornstarch until pale yellow in color. Beat in ½ cup of the flavored milk. Pour the egg mixture into the remaining flavored milk. Cook over low heat for 10 minutes, or until custard has thickened and reached boiling point. Remove from heat, stir, and let cool slightly. Pour into 6 wide, shallow ovenproof bowls. Let cool completely and refrigerate.

Just before serving, sprinkle each custard with 1 tablespoon sugar. Preheat broiler. Place custard bowls under broiler until sugar caramelizes. Or, if working at a gas stove, wear an oven mitt to hold a metal spatula over a high flame until red hot. Rest the hot metal on the sugar until it caramelizes. Rinse and dry the spatula and repeat with remaining custards.



DULCE DE LECHE

INGREDIENTS:

4 cups whole milk
1 1/3 cup sugar
1 vanilla bean
1/2 teaspoon baking soda

Combine all the ingredients in a large saucepan and bring to a boil over high heat. Stir to dissolve the sugar. Simmer over medium heat, stirring often, until the milk begins to thicken and turns a caramel color (about 45 minutes). Once the mixture has reached the consistency of condensed milk, remove and discard the vanilla bean. Transfer the mixture to a serving bowl or jar and allow to cool.

FLAN AL CARAMELO

INGREDIENTS: (MAKES 6 SERVINGS)

1/2 cup plus 6 tablespoons sugar
2 tablespoons water
3 whole eggs
2 egg yolks
2 1/2 cups milk
1/8 teaspoon salt
1/4 teaspoon grated lemon zest
whipped cream, if desired

In a small heavy saucepan, cook 1/2 cup sugar and water over medium heat, stirring constantly, until the syrup turns golden in color. Immediately pour the sugar into 6 individual custard cups.

Preheat the oven to 350°F. Whisk the whole eggs and egg yolks in a large bowl until uniform in color. Whisk in the milk, remaining sugar, salt, and lemon zest. Divide the mixture among the prepared cups. Place cups in a baking pan and add enough hot water to come halfway up their sides. Bake about 45 minutes, or until a knife inserted in the custard comes out clean. Remove cups from pan and let cool. Cover and refrigerate until chilled.

Run a knife around the edge of each cup and unmold the flan, spooning the caramelized sugar over it. Serve with whipped cream, if desired.



Desserts

LECHE FRITA

INGREDIENTS: (MAKES 6–8 SERVINGS)

2 cups milk	1 teaspoon vanilla
1 cinnamon stick	½ teaspoon cinnamon
peel of 1 lemon	2 large whole eggs
3 egg yolks	1 teaspoon water
¼ cup all-purpose flour	pure olive oil for deep-frying
3 tablespoons cornstarch	flour for dusting
¾ cup sugar	

Bring the milk, cinnamon stick, and lemon peel to a boil in a large saucepan and simmer 15 minutes. Discard solids.

In another saucepan, whisk the egg yolks. Stir in flour, cornstarch, and ¼ cup sugar. Gradually whisk in the hot milk and cook over medium heat, stirring constantly, until a very thick and smooth custard forms and no cornstarch taste remains. Remove from heat, stir in vanilla, and cool 5 minutes, stirring occasionally to release steam. Pour custard into a greased 8-inch-square cake pan and let cool completely; then chill, lightly covered with wax paper, until custard has solidified.

Combine the remaining ½ cup sugar and cinnamon in a small bowl; set aside. In a shallow bowl, beat whole eggs lightly with water. Cut the custard into 2-inch squares. Heat about ½ inch oil to 370°F in a skillet. Dredge custard squares in flour, dip in beaten egg, and fry in oil until golden, turning once. Remove the squares with a slotted spoon to paper towels to drain and cool. Dust with cinnamon and sugar mixture.

PASTEL DE TRES LECHES

INGREDIENTS:

- 5 eggs
- 1 teaspoon baking powder
- 2 cups white sugar
- 1½ teaspoons vanilla extract
- 1½ cups all-purpose flour
- ½ cup unsalted butter
- 2 cups milk
- 1 14-ounce can sweetened condensed milk
- 1 12 ounce-can evaporated milk
- 1½ cups heavy whipping cream

Preheat oven to 350° F. Grease and flour a 9-by-13-inch baking pan. Sift flour and baking powder together. Cream butter and 1 cup sugar together until fluffy. Add eggs and ½ teaspoon vanilla extract. Beat well. Add the flour mixture to the butter mixture until well blended. Pour batter into prepared pan and bake 30–35 minutes. Allow cake to cool on a rack. Mix milk, evaporated milk, and condensed milk. Pour the milk mixture over the cooled cake and let sit until all is absorbed. Whip whipping cream, 1 teaspoon vanilla, and 1 cup sugar together until thick. Spread over the top and sides of cake. Keep the cake refrigerated.



Desserts

PESTIÑOS

INGREDIENTS: (MAKES 60 PASTRIES)

½ cup pure olive oil plus
additional oil for deep-
frying

peel of ½ lemon

1 tablespoon anise seeds

2 cups all-purpose flour

⅛ teaspoon salt

½ cup water

honey for drizzling

confectioners' sugar for dusting

cinnamon for dusting

Heat the ½ cup oil, lemon peel, and anise seeds over low heat in a small skillet. Remove from heat when seeds begin to brown. Let sit 10 minutes. Strain, discard solids, and reserve the oil.

Mix flour and salt in a large bowl. Add water and reserved oil and work into a ball, adding a little more flour if dough is too sticky. Cover and let sit for 1 hour.

Roll out the dough on a floured surface into a rectangle about ⅛ inch thick. With a sharp knife, cut into rectangular strips about 1¼ inches wide and 2 inches long.

Heat an inch of oil to 370°F in a large skillet. Add as many dough strips as will fit in the pan and deep-fry, turning once, until golden and puffed. With a slotted spoon, remove pastries to paper towels to drain and cool. Drizzle with honey, slightly thinned with a little water, and dust with confectioners' sugar and cinnamon.



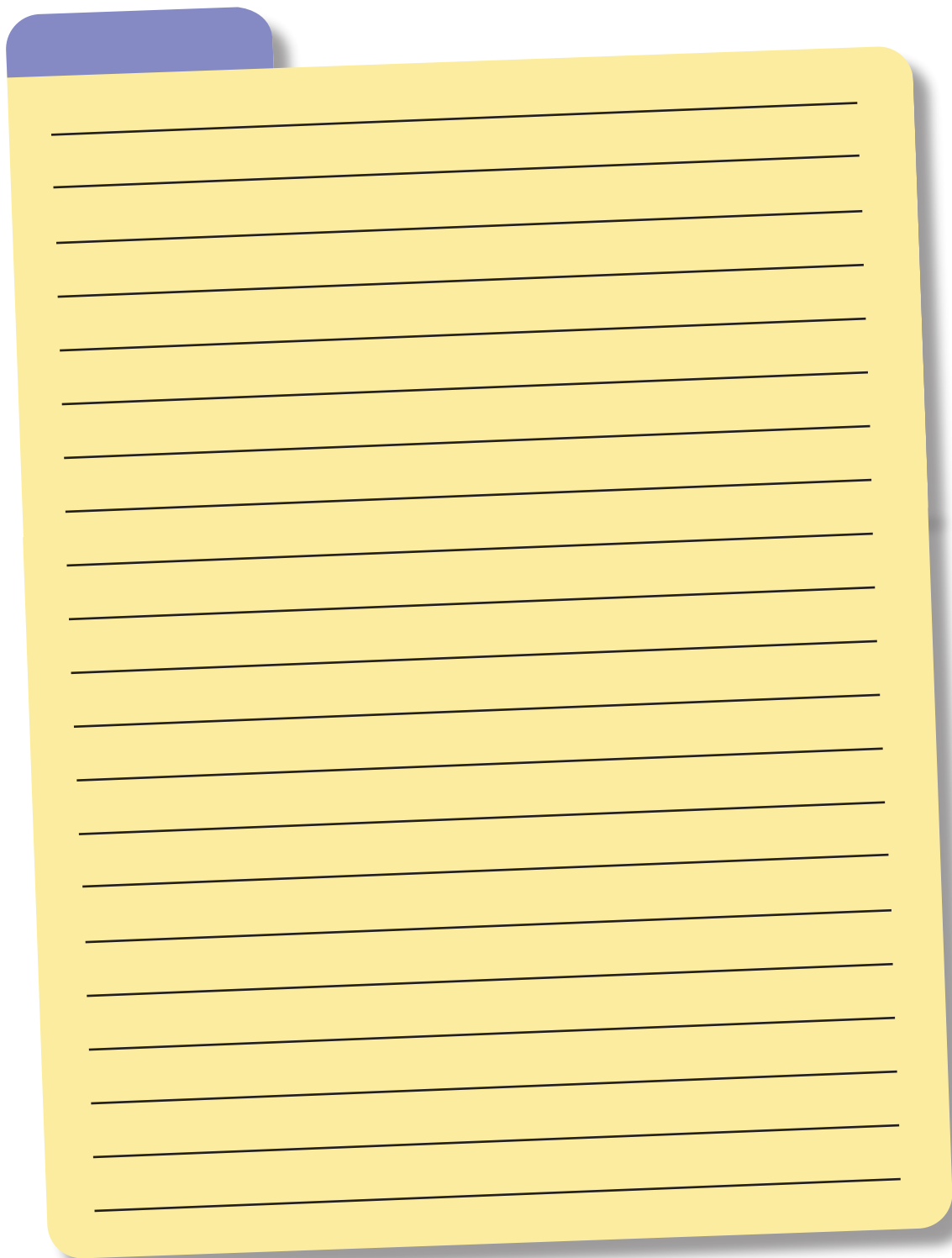
SUSPIRO LIMEÑO

INGREDIENTS: (MAKES 6 SERVINGS)

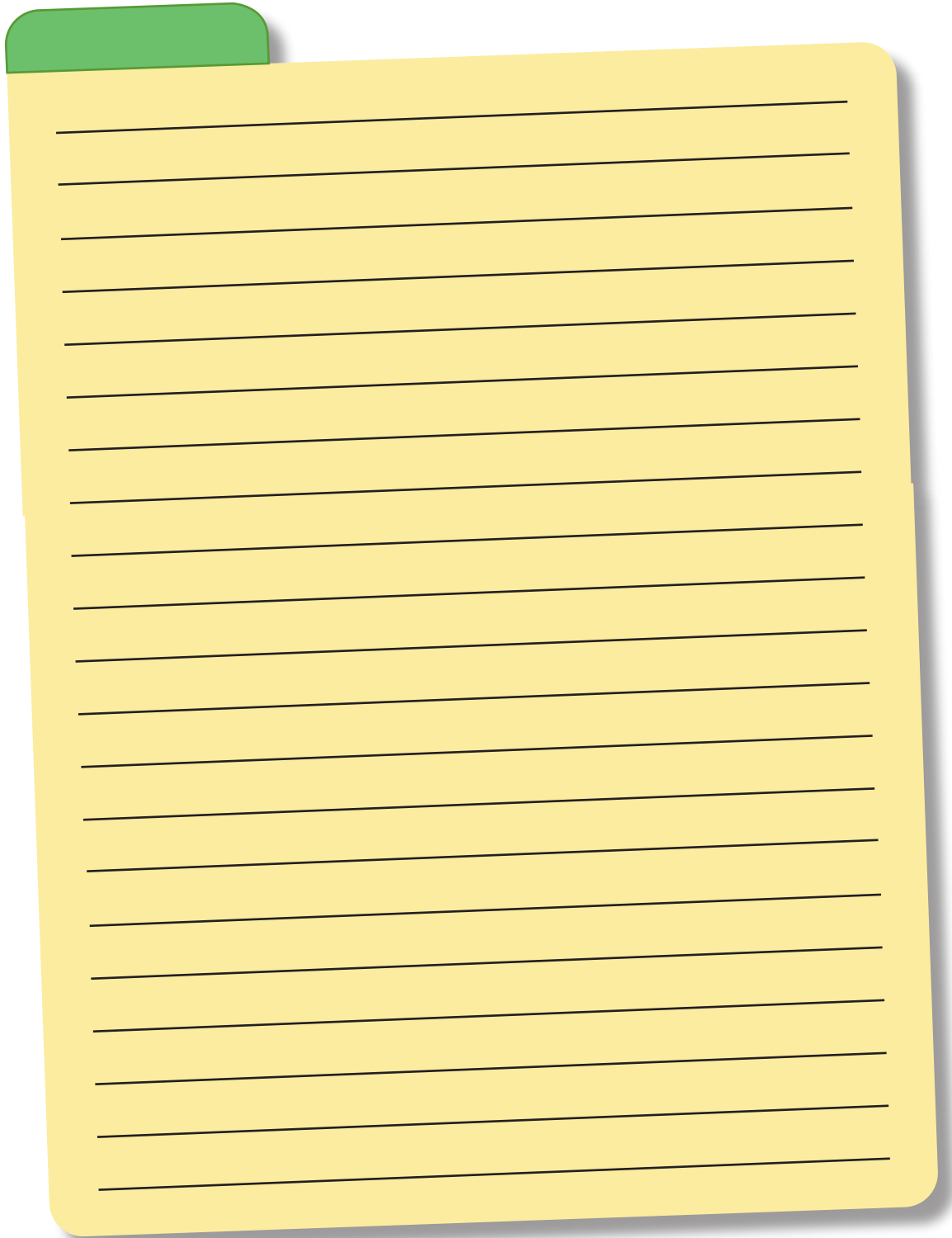
- 1 14-ounce can sweetened condensed milk
- 1 12-ounce can evaporated milk
- 1 tablespoon vanilla extract
- 2 eggs, separated
- 1 cup confectioners' sugar
- ¼ teaspoon cinnamon (optional)

Whisk together sweetened condensed milk, evaporated milk, vanilla, and egg yolks in a saucepan. Stirring constantly, gently cook on medium-low heat for 30 minutes until the mixture thickens. When finished, pour into one large heatproof serving dish or six smaller dishes and set aside. Then whip the egg whites and confectioners' sugar until it forms stiff peaks. Spread meringue on top of the milk mixture. Refrigerate the dessert until cold and sprinkle with cinnamon before serving.

Personalized Cards



Personalized Cards



Beverages

BATIDO

INGREDIENTS: (MAKES 4 SERVINGS)

- 1 small papaya, peeled, seeded, and sliced
- 1 mango, peeled, seeded, and sliced
- 1 banana, peeled and sliced
- 1½ cups whole milk
- 2 tablespoons sugar
- 1 cup crushed ice

Combine the fruit in a blender and purée. Add milk, sugar, and ice. Blend until thick and frothy.



COLA DE MONO

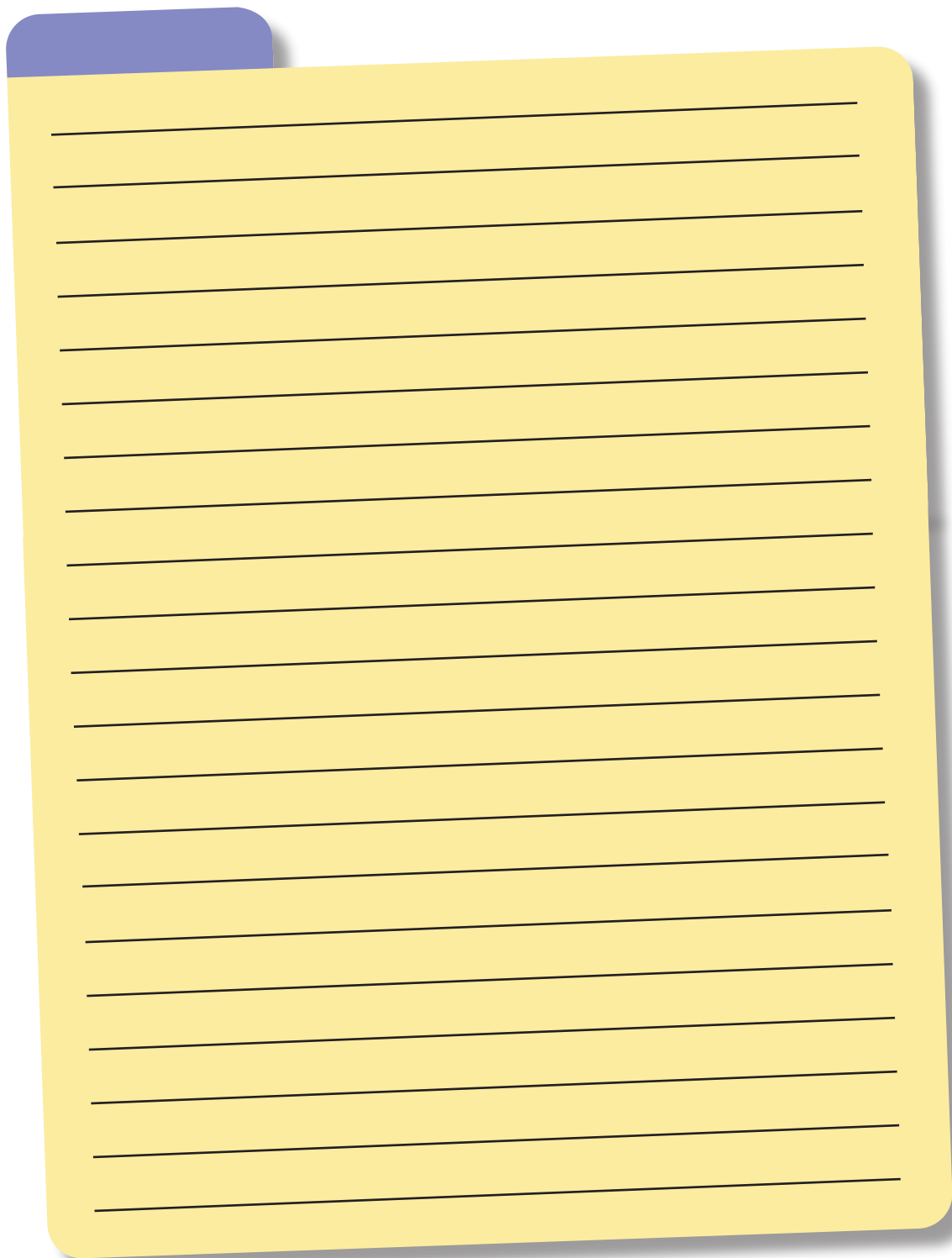
INGREDIENTS: (MAKES 16 SERVINGS)

20 whole cloves	5 cinnamon sticks
1 cup water	1 gallon cold milk
$\frac{1}{4}$ cup instant coffee	1 cup sugar
1 tablespoon vanilla extract (optional)	

Gently simmer the cloves and cinnamon sticks in water for about 30 minutes until reduced by half. Add 1 cup of milk and continue to simmer. Then stir in and dissolve the coffee and sugar. Strain the coffee mixture into the remaining cold milk and discard the cloves and cinnamon sticks. Stir in vanilla extract, if desired. Serve cold and store refrigerated.



Personalized Cards



Personalized Cards

