



**"Uniting Europe
through Lifelong Learning and Cuisine"**

Agua de Valencia

by

Javier Ponce España, Ana María Garrucho Rojas, Gema Carrillo Ramet, German Ramet, Ana, Julen Zemelaga Rayo

History:

The history of Agua de Valencia was written about by Arazo Maria Angeles in his book "Valencia, Noche." The book was about Madrid in the late fifties where a group of Basques used to frequent the local brewery. Here, the finest sparkling house wine was referred to as Agua de Bilbao, however they soon became tired of this and wanted a change. They asked the owner, Constante Gil, for something new and he suggested that they try Agua de Valencia. They did, and it soon became their go-to drink. During the seventies it went through a huge popularity boom, and it is now a common drink among students.

Ingredients:

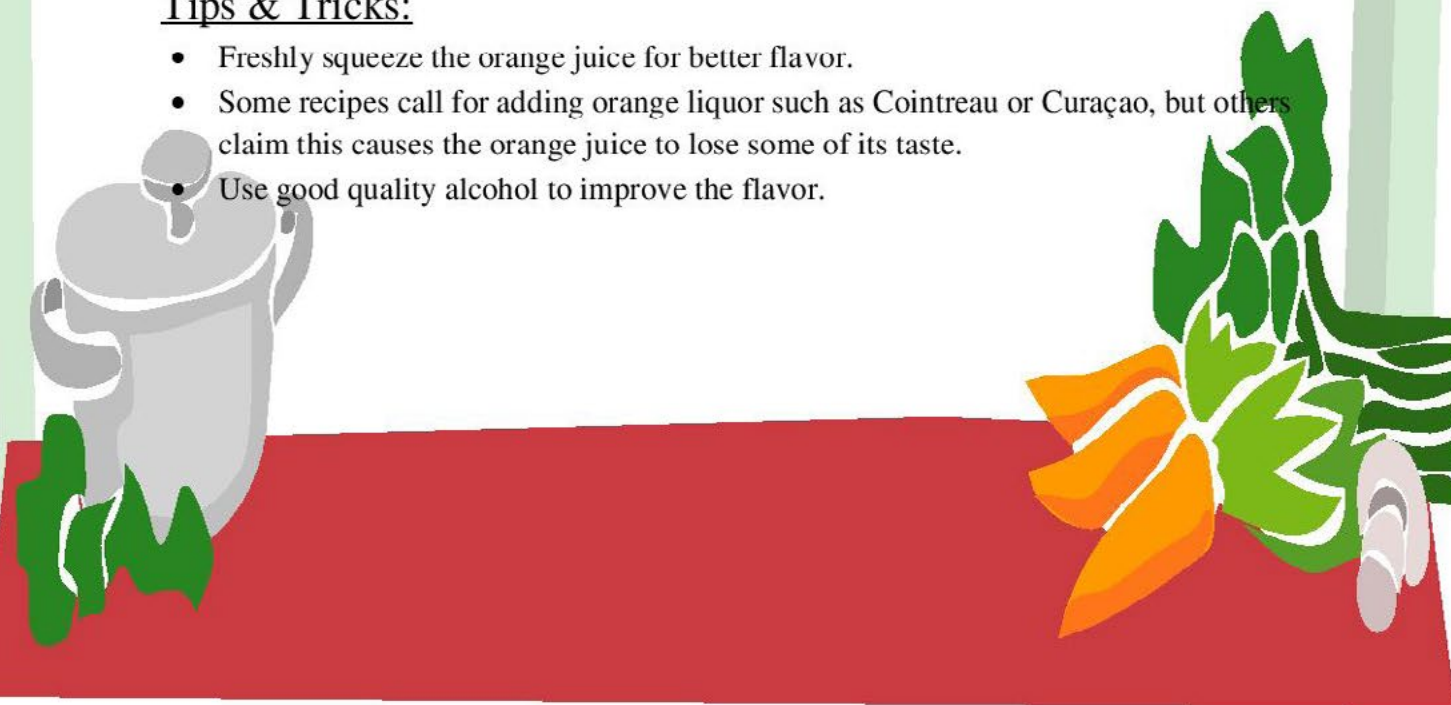
- orange juice
- cava sparkling wine
- vodka
- white sugar
- ice
- (2) slices of orange
- gin

Directions:

1. In a liter jug, add 18 centiliters of orange juice, 70 centiliters of cava sparkling wine, 10 centiliters of vodka, and 10 centiliters of gin.
2. Add sugar to taste and stir the mixture.
3. Leave in the refrigerator to cool. Or, alternatively, add ice.

Tips & Tricks:

- Freshly squeeze the orange juice for better flavor.
- Some recipes call for adding orange liquor such as Cointreau or Curaçao, but others claim this causes the orange juice to lose some of its taste.
- Use good quality alcohol to improve the flavor.



Chicharrones de Los Barrios

by
Verónica Kundomal

History:

This recipe has its roots in one of the most typical and popular traditions in rural Spain. For ages, families in small villages joined together to take part in La Matanza. In this celebration, pigs were killed and their meat was collected in order to produce some different foods. With them, people could get all the proteins that they needed in winter. La Matanza provided all those products, but at the same time it was a community celebration in which all the people worked together, since La Matanza was a social meeting.

Ingredients:

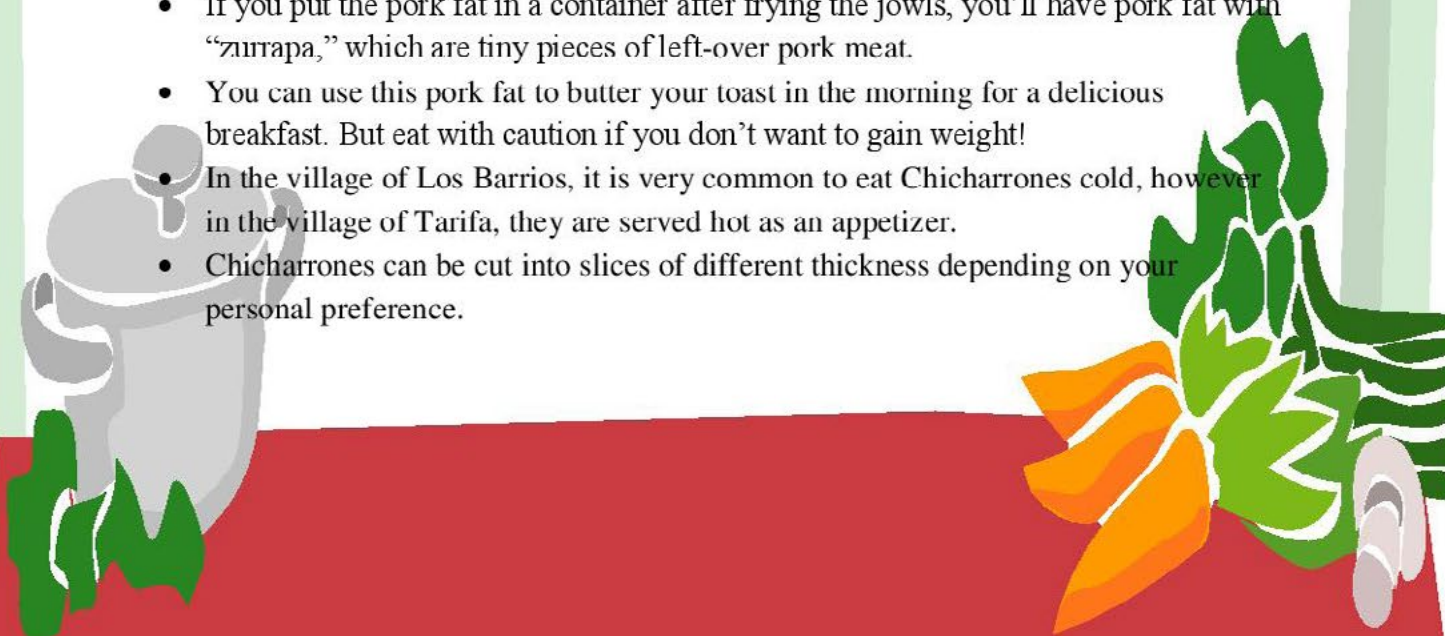
- pork jowls
- olive oil
- garlic
- water
- salt

Directions:

1. Cut the pork jowls into small pieces, the smaller the better, and then throw them into a deep cauldron.
2. Add enough water to the cauldron so that all the meat is covered. Allow the meat to cook slowly so that the water is absorbed. This is done to soften the meat.
3. Once the meat has softened, crush a few cloves of garlic over them.
4. Finally, with very hot olive oil, fry the meat until it is crisp.

Tips & Tricks:

- If you put the pork fat in a container after frying the jowls, you'll have pork fat with "zurrapa," which are tiny pieces of left-over pork meat.
- You can use this pork fat to butter your toast in the morning for a delicious breakfast. But eat with caution if you don't want to gain weight!
- In the village of Los Barrios, it is very common to eat Chicharrones cold, however in the village of Tarifa, they are served hot as an appetizer.
- Chicharrones can be cut into slices of different thickness depending on your personal preference.



Emblanco

by

Zeinab Abdul-Baki, Olga Balebona, Francisco Javier Bernal, Luz Palma Camacho, and Merche Cazorla

History:

Emblanco is a very light soup, cooked with white fish. It is commonly used as homemade remedy for an upset stomach. It is both nutritious and inexpensive.

Ingredients:

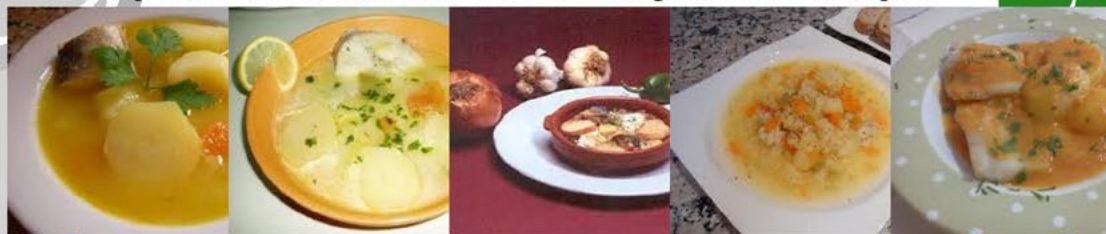
- 400 grams white fish ("rosada", whiting, or hake)
- (½) onion
- (1) green pepper
- (1) carrot
- (1) tomato
- (2) garlic cloves
- trickle of lemon juice
- little olive oil
- (4) large potatoes
- sprig of parsley
- bay leaf
- clove
- few peppercorns
- salt
- ground white pepper

Directions:

1. Put a liter of water in a pot and add the peeled and chopped onion, tomato, pepper, carrots, two cloves of garlic, sprig of parsley, peppercorns, clove, bay leaf, and olive oil.
2. Allow 15 minutes boiling, and then add the chopped potatoes. We leave it for another 15 minutes, or until the potatoes are almost tender.
3. Add the fish and lemon juice (which will make the broth turn white) and let it boil for 5 minutes. Don't let it boil too long because the fish is tender.
4. Finally, add the salt, and sprinkle with a little white pepper before serving.

Tips & Tricks:

- Rosada is perfect for children because it doesn't have bones.
- If you want, you can add a handful of rice.
- It's important not to let the fish boil for too long because it will spoil.



Huevos Estrellados

by

Manuel Abellán, Rocío González Ruiz, María Martín, José Luis Recio, and Jesús Torres

Ingredients:

- 200 milliliters olive oil
- (½) onion, thinly slices
- (2) medium potatoes, peeled
- (2) garlic cloves, thinly slices
- (4) eggs
- black pepper, freshly ground
- salt
- Iberian ham

Directions:

1. Heat the olive oil in a large non-stick pan over medium to high heat and add the onions and potatoes. Fry for about 10 minutes, or until golden.
2. Remove the onions and potatoes from the pan and set them aside.
3. Drain the oil from the pan, leaving just enough to fry the garlic. Add the garlic, and fry it for about 30 seconds before returning the potatoes and onions to the pan.
4. One by one, break the eggs into the pan. You need to do this from a distance of about 30 centimeters so that the eggs crash into the mix.
5. Season with salt and pepper and let them cook for a minute or so without stirring. They should still be very runny.
6. Use a wooden spoon to carefully mix them in. Remember you are not trying to make scrambled eggs!
7. Add the Iberian ham, sliced or in small pieces.
8. And that's all, folks!



Huevos Rotos

by

Aida Perez Castilla, Macarena Navarro Valencia, Lázaro Gutiérrez Moreno, and
David Gutiérrez Moreno

History:

Emblanco is a very light soup, cooked with white fish. It is commonly used as homemade remedy for an upset stomach. It is both nutritious and inexpensive.

Ingredients:

- potatoes
- onions
- eggs
- salt
- ham
- pepper
- green peppers
- olive oil

Directions:

1. Wash the peppers and potatoes under cold water.
2. Peel the potatoes and then chop up the potatoes, peppers, and onions.
3. Heat plenty of oil in a frying pan and then fry the potatoes.
4. In another frying pan, fry the peppers and onions with a little bit of oil, salt, and pepper.
5. Finally, fry the two eggs.

Tips & Tricks:

- For better presentation, first place the fried potatoes on the plate. Then add the onions, and on top of the onions, add the eggs. Finally, place the green peppers and ham around the eggs.



Migas

by

¿?????????

History:

Migas is originally a shepherd's dish prepared over an open fire, which made use of day-old or stale bread. It is connected to the Arabic dish, cuscus.

Ingredients:

- bread
- olive oil
- water
- salt
- garlic cloves
- pig's fat

Directions:

1. Wash your hands.
2. Cut the bread into small pieces and moisten them in water.
3. Peel the garlic cloves and cut them into small pieces.
4. Fry the pig's fat in hot olive oil and then add the garlic cloves.
5. While stirring, add the moistened bread and some salt.
6. Serve with oranges, cucumber, grapes, or even hot chocolate!



RECIPE: "PAPAS CON CHOCO"

POTATOES WITH CUTTLEFISH



Hello! I'm going to present to you this recipe. It is a typical food from my land: Algeciras. This city is situated on the south of Spain, in the Strait of Gibraltar, which separates Europe and Africa. Here starts the Mediterranean Sea. I can see the north of Africa through my window!

INGREDIENTS:

- 1 cuttlefish.
- 3 potatoes.
- 1 tomato.
- 1 peeper.
- ½ onion not very big.
- 1 garlic
- Parsley
- White wine (½ glass)
- Water
- Virgin olive oil.
- Spices:
 - Salt
 - Peppercorns
 - Cayenne
 - 2 laurel leaves
 - Colorant



Chef: Beatriz Navarro Pozo
NI-E EOI San Roque

PREPARATION:

1. At first, we have to clean the cuttlefish very well, removing the skin and the ink. We cut the cuttlefish into pieces.



2. We dice the onion, the tomato (we have to remove the peel before), the peeper, the garlic and the cayenne.



3. Finally, we peel the potatoes and cut them into big pieces.



Chef: Beatriz Navarro Pozo
NI-E EOI San Roque

Papas con choco

DEVELOPMENT:

1. We put the olive oil into a pot. It has to cover the bottom.
2. We add the chopped mixture of onion, tomato, pepper, garlic and cayenne, and we sauté it at medium heat, stirring until it becomes tender.



3. When the rehash is tender, we add the cuttlefish and braise it (10 min). Now, we add the spices: salt, peppercorn, a bit of cayenne and 2 laurel leaves.



4. At the end of the 10 minutes, we have to add the white wine, and we increase the heat from medium to high. We have to wait until the alcohol of the wine has completely evaporated. (We can smell the steam to check it).



Chef: Beatriz Navarro Pozo
NI-E EOI San Roque

Papas con choco

5. At this point, we add the potatoes and remove all the ingredients in the pot for a few minutes. This is very important if we want a good flavor.



6. Now, we add water until it covers the potatoes. It has to boil at medium-high heat until the potatoes are tender.

If we want more color for our food, we can add a bit of colorant.



7. We have to serve it very hot in a deep plate. It is the main course of the day. To complement, we can add olives and a very good wine to drink. For the dessert I recommend fresh fruit.



ENJOY!

Chef: Beatriz Navarro Pozo
NI-E EOI San Roque

Rabo de Toro

by

Ana Salazar Jiménez, Jesús Porras Rettschlag, Alejandro Aliaga Olivares, and Pedro Aceituno Jordán

History:

Traditionally, this stew was made from the tails of bulls which had fought in a bullring. This recipe originated in Cordoba, and due to its famous flavor, it started to extend to the rest of Spain. It's a way to improve the use of the fierce Spanish bull once the bullfighter has killed him.

Ingredients:

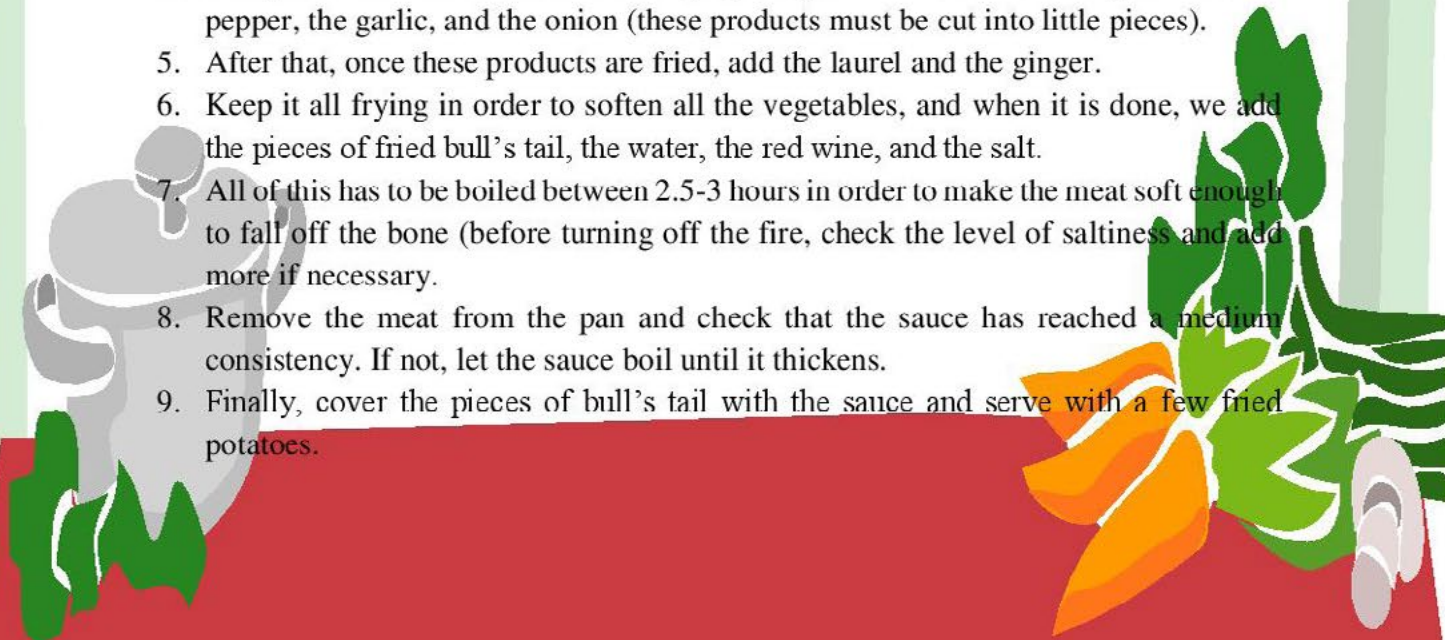
- 1.5 kilograms bull's tail
- (1) big onion
- (3) big carrots
- 0.5 liters water
- 5 grams ginger
- (2) leaves laurel
- (1) red pepper
- (2) pieces of garlic
- black pepper
- flour
- olive oil
- salt
- 750 milliliters Spanish red wine

Directions:

1. First of all, add salt and pepper to the pieces of the bull's tail.
2. After that, cover the pieces with a little flour and put them in a frying pan. Fry them with very little olive oil.
3. Once fried (see that they look a little golden), take them out of the pan and set them aside.
4. Using the same olive oil used for frying the pieces of the bull's tail, add the red pepper, the garlic, and the onion (these products must be cut into little pieces).
5. After that, once these products are fried, add the laurel and the ginger.
6. Keep it all frying in order to soften all the vegetables, and when it is done, we add the pieces of fried bull's tail, the water, the red wine, and the salt.
7. All of this has to be boiled between 2.5-3 hours in order to make the meat soft enough to fall off the bone (before turning off the fire, check the level of saltiness and add more if necessary).
8. Remove the meat from the pan and check that the sauce has reached a medium consistency. If not, let the sauce boil until it thickens.
9. Finally, cover the pieces of bull's tail with the sauce and serve with a few fried potatoes.

Tips & Tricks:

- Don't be in a hurry to cook this stew as the best flavors come with time.



Rape en Salsa de Almendras

by

Cecilia, Ana Belmonte, Toñi, María Jesús, Ana Mena, and Víctor Sepúlveda

History:

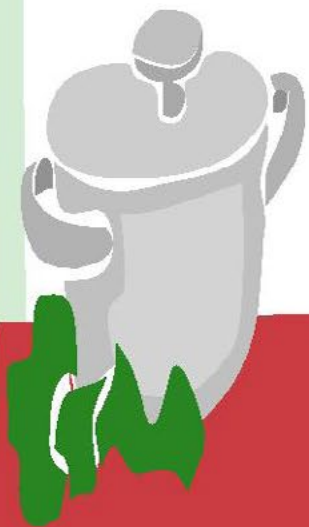
Traditionally, this recipe comes from the Mediterranean area, especially Málaga. It is usually prepared at Easter.

Ingredients:

- 1 kilogram monk fish
- (4) pieces of bread
- 60 grams almonds
- (4) garlic cloves
- (1) onion
- (1) glass white wine
- (1) cup fish stock
- parsley
- turmeric
- brandy
- olive oil
- salt

Directions:

1. Cut the garlic and onions and fry them in a pan with olive oil.
2. Fry the bread and almonds in the same pan.
3. To finish making the sauce, add the white wine and brandy.
4. In a separate pan, fry the monk fish in slices with olive oil.
5. Now mix the fish with the sauce until the alcohol has evaporated.
6. Slowly stir in the turmeric and fish stock, and then bring to a boil.
7. Serve with parsley on top.



Salmorejo

by

Lavinia, Pedro, Mohamed, Paloma, and Mario Monfillo Gutierrez.

Ingredients:

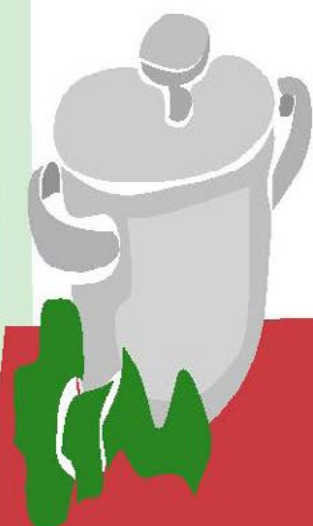
- (8) medium sized tomatoes
- (1) cup extra virgin olive oil
- (1) garlic clove (not too big)
- splash of sherry vinegar (vinegar from Jerez is preferred, but red win can be substituted)
- prosciutto
- (1) bread baguette
- sliced Iberian ham
- (2) hard boiled eggs
- a pinch of salt

Directions:

1. Peel and cut out the cores of the tomatoes.
2. Blend the tomatoes at high speed for about 30 seconds until they are broken down.
3. Take all the guts. Let the bread soak in the tomato juice for about 5 minutes.
4. Add a splash of vinegar, a pinch of salt, and the clove of garlic. Them blend them until they are a soupy texture and the bread is completely broken down.
5. Bit by bit, add the oil.
6. Next, add one hardboiled egg and blend until it's mixed in.
7. Taste it, and if necessary add more salt, vinegar, garlic, or bread.
8. Serve in small bowls with sliced hardboiled egg and sliced ham.

Tips & Tricks:

- The quality of the ingredients is one of the most important factors in the taste.



Tortilla del Sacromonte

by

María Dolores Martínez, Pilar Sánchez Rodríguez, Juan Antonio, Juan Carlos, Pilar,
and Loli

History:

This recipe originated from a neighborhood in Granada called Sacromonte.

Ingredients:

- (6) eggs
- (1) pig brain
- (1) sweetbread of pork
- (½) kilogram broad beans
- (2) potatoes
- 50 grams highland ham
- 50 grams spicy sausage
- (2) red peppers
- fried tomato
- mayonnaise
- vinegar
- salt

Directions:

1. Wash and cook the pig brains.
2. Soak the sweetbread in vinegar and salt.
3. Fry the sweetbread and afterwards, cut it into smaller pieces.
4. Fry the beans and the potatoes.
5. Beat the eggs together.
6. Now mix all the ingredients into one pan and create an omelet.
7. Serve with condiments such as peppers, fried tomato, and mayonnaise.



Tortillas de Bacalao

by
Guadalup Pérez Monfrino

History:

Tortillas de Bacalao are a traditional Spanish recipe, especially in Andalucía. They are commonly prepared during Easter.

Ingredients:

- 200 grams salted cod
- (2) chives
- parsley
- flour
- ground saffron
- olive oil
- water

Directions:

1. Flake the cod in a bowl of water and leave it there for about 15-20 minutes. Be careful with the bones while you're flaking the cod, as some of them may fall into the bowl. When time is up, drain the cod and leave it on a plate.
2. Cut the chives into pieces and put them in a bowl with the parsley and the cod.
3. Add flour and water to the bowl while mixing. Also add ground saffron to taste.
4. Heat up a frying pan and add the oil. When the oil is hot, take little parts of the mixture with a spoon and put them into the frying pan. Using a fork, fry them very well.
5. When they are well done, put them on a plate covered with absorbent kitchen paper for a few minutes. Then place them on a clean plate and decorate them with parsley.





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