



# SPANISH FOODS

BY JAKE AND BEN NEWMAN

# Churros with a chocolate sauce

## Ingredients

50g of melted butter

1 teaspoon of vanilla extract

250g of flour

1 teaspoon of baking powder

Approximately 1 litre of sunflower oil

A few chunks of bread

200g of broken up dark chocolate

100ml of cream

100ml of whole milk

3 teaspoons of golden syrup

## Method

1. Measure 300ml boiling water into a jug and add the melted butter and half of the vanilla extract. Sift the flour and baking powder into a big mixing bowl with a large pinch of salt. Make a well in the centre, then pour in the contents of the jug and very quickly beat into the flour with a spoon until it's lump-free. Rest it for 10-15 mins while you make the sauce.
  2. Put all the dipping sauce ingredients into a pan and gently melt it together, stirring occasionally until you have a smooth shiny sauce.
  3. Fill a large deep saucepan one-third full of oil. WARNING: Cooking with hot oil can be dangerous. Heat it until a cube of bread toasts in 45 seconds - 1 min. Mix the caster sugar and cinnamon together.
  4. Fit a star nozzle to a piping bag. Fill it with the rested dough, then pipe 2 or 3 strips directly into the pan, snipping off each dough strip with a pair of kitchen scissors. Fry until it's golden, brown and crisp. Another warning, if bubbles form in the churros, they could explode. This can cause injury *and* ruin your delicious churros. You do not want that to happen. To prevent injury, clear the area of any children and wear long sleeves; this could get messy!
  5. Once the churros are crisp and golden brown, as they should be, remove them from the oil with a slotted spoon and drain them on the kitchen paper-lined tray. Carry on cooking the rest of the dough in groups, sprinkling the cooked churros with some cinnamon sugar as you go. When you've cooked all the churros serve them with the chocolate sauce, for dipping.
-



## Paella

### Ingredients

- 1 tablespoon of olive oil
- 1 chopped onion
- 1 teaspoon of hot smoked paprika and dried thyme
- 300g paella or risotto rice
- 3 tablespoons dried sherry or white wine (optional)
- 400g of canned chopped tomatoes with garlic
- 900ml of chicken stock
- 400g of frozen mixed seafood

1 lemon (half cut into wedges, other into juice)

A handful of parsley

## Method

1. Heat 1 tablespoon of olive oil in a large frying pan. Add 1 chopped onion and soften it for 5 minutes.
2. Stir in 1 teaspoon hot smoked paprika, 1 teaspoon, dried thyme and 300g of paella or risotto rice, stir for 1 minute, then splash it in 3 tablespoons sherry or white wine, if using.
3. Once it has evaporated, stir in a 400g can of chopped tomatoes with garlic and 900ml of chicken stock.
4. Season and cook it, uncovered, for about 15 mins, stirring now and again until the rice is almost tender and still surrounded with some liquid.
5. Stir 400g of frozen seafood mix into the pan and cover it with a lid. Simmer for 5 mins, or until the seafood is cooked through and the rice is tender.
6. Squeeze over the juice of  $\frac{1}{2}$  of the lemon, scatter it with a handful of flat-leaf parsley and serve with wedges from the remaining  $\frac{1}{2}$  a lemon.



# Tortilla

## Ingredients

One large, white, chopped onion

4 tablespoons of olive oil

25g of butter

400g of waxy potatoes, peeled, quartered and sliced

6 garlic cloves

8 beaten eggs

---

## Method

1. Put a large non-stick frying pan on a low heat. Cook the onion slowly in the oil and butter until soft but not brown – this should take about 15 minutes. Meanwhile, peel the tomatoes (if using) by scoring the skins with a cross, putting them in a bowl and pouring over just-boiled water. Drain the water after 2-3 mins and the skins will peel away easily. You can then coarsely grate them.
  2. Add the potatoes to the pan, then cover and cook for a further 15-20 minutes, stirring occasionally to make sure they fry evenly. When the potatoes are soft and the onion is shiny, crush 2 garlic cloves and stir in, followed by the beaten eggs.
  3. Put the lid back on the pan and leave the tortilla to cook gently. After 20 minutes, the edges and base should be golden, the top set but the middle still a little wobbly. To turn it over, slide it onto a plate and put another plate on top, turn the whole thing over and slide it back into the pan to finish cooking.
  4. Once cooked, transfer to a plate and serve the tortilla warm or cold, scattered with the chopped parsley. To accompany the tortilla, take slices of warmed baguette, stab all over with a fork and rub with the remaining garlic, pile on the grated tomatoes and season with sea salt and a drizzle of olive oil.
-

# Gazpacho

## Ingredients

---

2 garlic cloves

1 large, deseeded and chopped cucumber

½ of a green, deseeded chilli

A 100g bag of spinach

Half a small pack of parsley

Half a small pack of basil

Half a small pack of mint

1 ripe, stoned, peeled avocado

4 topped and tailed spring onions

200g of natural yogurt

2 tablespoons of sherry vinegar

1 drizzle of extra virgin olive oil or rapeseed oil

A handful of pea shoots

## Method

1. Put all the ingredients, except the oil and pea shoots, into a food processor with a good pinch of salt and pepper and blitz, adding enough water to get a soupy consistency. Taste, and add a little more vinegar and seasoning if necessary. Chill it for up to 24 - 2 hours.
  2. To serve, divide it between shallow soup bowls add a scattering of pea shoots and a drizzle of oil before serving.
-

# Patatas bravas

## Ingredients

Garlic cloves, sliced

Red chilli, chopped

A pinch of cayenne pepper

A pinch of smoked paprika

400g can chopped tomato

1 tablespoon of olive oil

250g of small chorizo

- 
1. Heat a little oil in a pan, fry the onion, garlic and chilli until the onion softens, add the cayenne and paprika and stir. Add the tomatoes and bring to a simmer, then cook the whole mixture down for about 20 minutes until you have a thick paste. Season it well and, if you prefer a smooth sauce, barrage it with a hand blender.
  2. Meanwhile, steam the potatoes for roughly 10 minutes and put the chorizo in a frying pan to slowly cook and release some of its oil. Tip off the excess red oil and add 1 tablespoon of olive oil. Add the potatoes and fry everything together, turning the heat up as you go so both the potatoes and chorizo brown in patches. Tip it into a bowl. Season the sauce – if it isn't hot enough, add a few more pinches of cayenne. Spoon the sauce over the potatoes and chorizo to serve.
-