

# Cooking Spain

Tuesday, January 28, 2014

I got this recipe from my friend Susi when she came over to Ireland last summer. This is a family recipe that she got from her aunt. It's really easy to make and can be used to feed a crowd. The flavours of this dish are enhanced if it's cooked the day before. I love the sweetness of the carrots and peppers and the tenderness of the chicken!!!! Ummmm!!!! Really tasty!!!!

## CHICKEN IN SPANISH BEER SAUCE

### Ingredients (4 people)

- 1 whole chicken cut into pieces (skin on)
- 5 spoonsful of olive oil
- 2 chopped tomatoes
- 2 sliced onions
- 1 sliced red pepper
- 4 sliced garlic cloves
- 1 can of beer (500 ml)
- Salt and pepper



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### Preparation

Put the olive oil in the pan. Add the onions and garlic. Cook over low heat for about 1 minute. Now add the carrots, peppers and chicken, season and fry all together for about 3 minutes over medium heat. Add the beer and cook over high heat for 2 minutes. Simmer over low heat for about 30 minutes until the chicken is cooked.

The sauce is lovely, perfect for dipping in crusty bread!!!

Posted by [ana martin](#) at 2:32 AM No comments: [M](#) [e](#) [t](#) [f](#) [p](#)

Friday, November 1, 2013

## STUFFED AUBERGINES (Berenjenas rellenas)

This is a very comforting dish for cold days. It can be prepared in advanced, just add the cheese and pop the aubergines in the oven. Delicious!

### STUFFED AUBERGINES

#### Ingredientes (4 people)

- 2 aubergines (cut in half)
- 500 grs. of mince meat
- 500 grs. of tomato sauce
- 300 grs. of grated cheese
- 1 clove of garlic (finely sliced)
- Half onion (finely sliced)
- Olive oil
- Salt and pepper

#### Preparation

Cut the aubergines in half and scoop out the aubergine "meat". Slice it finely. (Keep the aubergines skin to be used as a "plate")a. Put 3 tablespoons of olive oil in a pan and fry the garlic and onion over low heat for 1 minute. Add the aubergine, season and cook for about 4 or 5 minutes over low heat until it softens. Now add the mince meat, season and cook altogether for about 3 minutes (until the meat is cooked) over medium heat. At this stage add the tomato sauce, mix it all well and over low heat cook for about 3 minutes. Fill the aubergines with the mixture. Put the grated cheese on the top and grill the aubergines in the oven till the cheese is melted. Add more grated cheese (like parmesan) if desired. Perfect with a glass of Rioja wine!!! Enjoy!



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Sunday, April 28, 2013

## FERIA DE ABRIL 2013



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### Personal details



[ana martin](#)

I am a Spaniard with a passion for food. I've always loved cooking, a skill that I learnt from an early age helping my mum in the kitchen. Over the years my cooking skills have been perfected cooking for family and friends and also working in Food Events such as "Salon del Gourmet" in Madrid. When I moved to Ireland four years ago I thought it was going to be hard to find the ingredients to cook Spanish food. To my surprise not only most of them were available in supermarkets, but also I "fell in love" with Irish products such as Cashel blue cheese, beef, strawberries, milk... I have a long list. Of course it's possible to cook tasty Spanish food in Ireland. That's what we do at home, especially at weekends when my husband gives me hand in the kitchen. You just need fresh ingredients (I always try to use Irish, which as I said before are excellent!!!), a few easy recipes and of course, what we call in Spanish "amor" (love) to your cooking. Que aproveche!!! (Enjoy your meal)

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Last week we celebrated "Feria de Abril" at home, here, in Ireland (even though we didn't get Seville's weather, unfortunately!)

Anyway, we really enjoyed our "homemade" Feria de Abril and tasted those lovely typical Spanish flavours with a cold beer or a glass of "fino" (sherry).



In Feria de Abril de most popular food are "tapas": olives, prawns, tortilla de patata (spanish omelette), "flamenquines" (deep fried chicken or pork fillet with peppers), "garbanzos con espinacas" (spinach with chickpeas)....and much more....

And after the lovely tapas more dancing, drinking and enjoying the "fiesta" with family and friends...





Posted by ana martin at 6:34 AM No comments:



Sunday, February 17, 2013

## SUNDAY "APERITIVO" (Appetizer): PATATAS BRAVAS(FRIED POTATOES WITH SPICY TOMATO SAUCE)

Today is Sunday, the "aperitivo" (appetizer) day for most Spaniards.

Ummmm!!!! I love going for the "aperitivo" on a sunny Sunday in Madrid with my family and friends before lunch.

That's why I'm cooking today one of the most popular "tapas" in Madrid:

**"PATATAS BRAVAS" (Fried potatoes with Spicy Tomato Sauce).**

There's lots of different recipes for this "tapa". Each bar cooks the potatoes and the salsa brava in a different way. This is my easy and quick recipe for the salsa brava.

Ah! Don't forget that the salsa brava should be very spicy (if you like it): This is what "brava" means...

Enjoy it with a glass of cold beer!!!



### INGREDIENTS (Serves 4):

- 4 medium size potatoes peeled and cut into cubes
- Olive or sunflower oil to fry the potatoes
- Sea salt

### Salsa ingredients:

- Half onion thinly sliced

- 3 garlic cloves sliced
- Sieved tomatoes (tinned) 250 grs.
- Sugar (1 tablespoon)
- A bit of salt
- Tabasco (To your taste)

#### **PREPARATION:**

-Fry the potatoes in a deep frying pan over low-medium heat.  
 -For the "salsa brava" put in a frying pan 3 tablespoons of olive oil and fry the onion and garlic over low heat. Add the tomatoes, sugar, salt and cook it for about 2 minutes, stirring to mix all the ingredients. Then add the tabasco. Put the salsa into a blender and blend until you get a smooth sauce.

Place the potatoes on a plate, season with a bit of sea salt and spoon the "salsa brava" onto the potatoes. Yummy, yummy!!!

Posted by [ana martin](#) at 6:39 AM 1 comment:



Saturday, January 26, 2013

## Vámonos de TAPAS! Let's have some TAPAS!

Today is Saturday. It is cold and windy so I've decided I'll cook something different: An easy "**TAPAS**" dinner for my friends. We just need a few cupboard ingredients, a few bottles of wine and beer....And a good company to enjoy the evening!!!!

These are two very popular "**tapas**" in Madrid ( the lovely city where I come from). I hope you like them.

#### [GAMBAS AL ABUELO](#) (Prawns in garlic and chilli sauce)



#### Ingredients (Serves 4)

- Olive oil** (10 tablespoons)
- 4 **garlic** cloves (thinly sliced)
- 2 **red chillies**, thinly sliced (or 1 tablespoon of chilli flakes)
- Prawns** (500grs, frozen or fresh)
- Chopped flat leaves **parsley** (2 tablespoons)
- Sea salt** to season
- Crusty bread**

#### Preparation

Put the oil in a deep frying pan over medium-high heat. When the oil is hot, add the garlic and chilli and cook for about 30 seconds over low heat. Add the prawns and cook them over medium-high heat for about 3 minutes (until the prawns are pink).

Sprinkle with a bit of sea salt and garnish with some chopped parsley.

Delicious with crusty bread to dip in the oil!!!!

## **BANDERILLAS**

This **tapa** is usually served when you order a "caña" (small glass of beer). People from Madrid loves "ir de cañas" (going from bar to bar to drink beer and have tapas) with friends, especially on Sundays before lunch.

### **Ingredients (Serves 4)**

- 1 box of **toothpicks**
- 1 jar of **pickled gherkins** (small ones)
- 1 jar of **cocktail onions**
- Cheddar cheese** (100grs, diced)
- 1 tin of **anchovies**
- 1 tin of **olives**
- Roasted **red pepper** (cut into small chunks)

### **Preparation**

Choose 3 or 4 ingredients to slide onto a toothpick. Pick ingredients that you think will go well together. Lay each one on a plate until you have a nice, colourful presentation.

The good thing about this tapa is that it is very versatile. You can add the ingredients you prefer and as many as you like!!!!







Posted by [ana martin](#) at 5:46 AM No comments:



Saturday, January 19, 2013

## MIGAS

Hi everybody!

This time I'm going to post a recipe that shepherds used to cook in the cold winters in inland areas of Spain such as Extremadura or Castilla La Mancha.

It is also popular when the "matanza" (the process of killing the pig and making the chorizos, hams...) takes place to try the first "chorizos".

It is very easy to cook and the ingredients used are easily found in supermarkets and shops.

I'm sure you'll enjoy it with a glass of red Rioja wine or a hot white coffee!!!!

### [MIGAS \(Breadcrumbs with chorizo, peppers and rashers\)](#)

#### [INGREDIENTS\(4 SERVINGS\)](#)

- Breadcrumbs (500grs)
- Chorizo (250grs) cut into chunks
- Bacon rashers or sliced pork belly cut in half (250 grs)
- Olive oil (150ml)
- Garlic (7 garlic cloves finely sliced)
- 1 red pepper and 1 green pepper (cut into chunks)
- Paprika (1 teaspoon) or if you can find "pimenton" (the Spanish paprika) would be perfect.
- Salt to your taste

#### [PREPARATION](#)

- Fry the peppers in a deep frying pan (half fill with oil) for about 5 minutes over low heat.

-Meanwhile, heat the olive oil in another deep frying pan over medium heat, low the heat and fry the chorizo and rashers for about 3 minutes. When they are done, take them out and put them aside.

-In the fat left fry over low heat the garlic for about 2 minutes.

-Add the paprika, stir it and then add the breadcrumbs. Over low heat stir it well till the breadcrumbs absorb all the fat. Taste and season.



Serve the "migas" with the peppers, chorizo and rashers.

Posted by ana martin at 2:37 AM No comments: [M](#) [e](#) [t](#) [f](#) [p](#)

Labels: Migas (Breadcrumbs with chorizo, peppers and rashers)

Tuesday, October 9, 2012

## TORRIJAS (SPANISH BREAD PUDDING)

Now that summer is gone, I feel like cooking something sweet for a cuppa.





The other day my daughter asked me to cook "Torrijas", a very popular dessert in Spain for Easter. There's different recipes in each part of the country. For example, some people use red wine instead of milk to dip the bread in. With only a few storecupboard ingredients you can have a lovely dessert or even a different breakfast. The bread gets very soft and children love it. This is my version: I hope you enjoy it. !!!

#### INGREDIENTS (SERVES 4)

- 4-6 thick slices of bread (preferably stale)
- 1 cup of milk
- 3 tablespoons of sugar
- 1 cinnamon stick
- 1 egg beaten
- Sunflower oil (enough to cover half of the pan)
- Honey to drizzle
- Cinnamon powder to sprinkle

#### PREPARATION

Put the milk, cinnamon stick and sugar in a pan. Heat over medium-high heat for about 3 minutes. When the milk is starting to boil, put it aside to let it cool down for about 10 minutes. Transfer the milk (without the cinnamon stick) to a bowl. Beat the eggs in a separate dish. Heat the oil in a deep frying pan over medium-high heat for about 3 minutes. Turn the heat down. Dip the slices of bread in the milk and then in the eggs (the bread should be soggy but still firm enough to handle). Fry the slices in batches. Turn the slices over when the undersides are golden brown (2-3 minutes). Flip the slices with a spatula and cook the other side until golden brown (2 minutes). Remove each piece from the pan and transfer to a plate. Drizzle honey generously over the top of them and sprinkle with some cinnamon powder. Serve warm or cold.

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Ingredients (Serves 4) - 2 tablespoons of olive oil - 500 grs of Spanish chorizo (cut into 1 inch pieces) - 1 small onion (thinly sliced) ...



#### PISTO CON HUEVOS (SPANISH RATATOUILLE WITH EGGS)

After coming back from Paris I promised myself I will cook something inspired by the lovely vegetables I found in the gorgeous markets...



#### PAN TUMACA CON JAMON (BREAD, TOMATO AND SERRANO HAM)

PAN TUMACA CON JAMON (Bread, tomato, serrano ham) Ingredients (Serves 4) - 4slices of bread ( for example ciabatta bread ) - 2 c...



#### TUNA WITH TOMATO AND RED PEPPERS

TUNA WITH TOMATO AND RED PEPPERS ( Bonito con tomate y pimientos) This is an easy "tapa" for lazy summer days (even if it rain...



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#### "FERIA DE ABRIL" IN IRELAND

Last week we celebrated at home (here, in Ireland) our "Feria de Abril" (A famous Spanish festival that takes place in Seville e...



#### COOKING TAPAS AT SARAH BAKER'S COOKERY SCHOOL (November 2011)

Pan tumaca, chorizo a la sidra, gambas al ajillo.... All of them yummy yummy, and matched with excellent wines....



#### MIGAS

Hi everybody! This time I'm going to post a recipe that shepherds used to cook in the cold winters in inland areas of Spain such as Extrema...



### TASTY PARIS!!!

Umm!!! I still remember the smell of fresh baguettes , the tasty summer fruit (peaches,watermelons, plums...) And the colour of ve...



(no title)

I got this recipe from my friend Susi when she came over to Ireland last summer. This is a family recipe that she got from her aunt. It'...

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