



Cooking with Claire @TVInfants

The World Tour

Recipes from the Spain ...





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Spanish Recipes, Do you know your countries?

Ingredients:

large pinch of saffron
½ chicken stock cube, crumbled into 100ml boiling water
2 tbsp olive oil
1 small onion, thinly sliced
2 large chicken breasts or 6 boneless, skinless thighs, cut into bite-sized pieces
large pinch of ground cinnamon
1 red chilli, deseeded and chopped
2 tbsp sherry vinegar
1 tbsp clear honey
6 cherry tomatoes, quartered
1 tbsp raisins
handful of coriander, roughly chopped
25g toasted pine nuts or almonds
crusty bread, to serve

Method:

- Add the saffron to the hot stock to soak.
- Heat the oil in a medium pan and cook the onion until it is soft and just beginning to turn golden. Push to the side of the pan and add the chicken.
- Cook for a few mins until the chicken is browned all over.
- Add the cinnamon and chilli, and cook for a couple of mins.
- Add the stock, vinegar, honey, tomatoes and raisins. Bring to the boil, turn down the heat and simmer for 10 mins until the sauce is reduced and the chicken is cooked through.
- When ready to serve, scatter with the coriander and nuts, and serve with bread on the side.



Easiest ever paella

Ingredients

1 tbsp olive oil
1 leek
or onion, sliced
110g pack chorizo
sausage, chopped
1 tsp turmeric
300g long grain rice
1l hot fish or chicken stock
200g frozen pea
400g frozen seafood mix,
defrosted

Method:

- Heat the oil in a deep frying pan, then soften the leek for 5 mins without browning. Add the chorizo and fry until it releases its oils. Stir in the turmeric and rice until coated by the oils, then pour in the stock. Bring to the boil, then simmer for 15 mins, stirring occasionally.
- Tip in the peas and cook for 5 mins, then stir in the seafood to heat through for a final 1-2 mins cooking or until rice is cooked. Check for seasoning and serve immediately with lemon wedges.



Patatas bravas

Ingredients:

175g piece chorizo, sliced
350g sliced new potatoes
½ tsp cumin seed, 1 seeded
sliced fresh red chilli
1 chopped garlic clove
400g can chopped tomatoes

Method:

Slice up the chorizo and dry fry in a large frying pan for a minute. Add the sliced new potatoes and cook for 5 minutes until golden. Then add the cumin seeds, 1 seeded and sliced fresh red chilli and chopped garlic clove and cook for 2 minutes. Tip in the can of chopped tomatoes, and simmer for 10-15 minutes until the potatoes are tender.



Grilled mackerel with Escalivada & toasts

Ingredients:

For the escalivada

3 very large or 4 medium peppers
a mix of colours
1 red onion, halved and thinly sliced
3 tbsp extra virgin olive oil
2 medium aubergines
zest 1 lemon, juice of ½
1 rosemary sprig, finely chopped
2 tbsp small capers, drained
small pack flat-leaf parsley, roughly chopped



Method:

Heat the grill as hot as it will go. Line the grill pan or a large baking tray with foil. Using a potato peeler, remove most of the skin from the peppers, then remove the seeds and slice into 1cm strips. Toss with the onion and 1 tbsp oil, then grill for 15 mins, stirring halfway, until soft and charring here and there.

Cut the aubergines into 1cm half moons and brush sparingly with 2 tbsp oil. Lay the slices over the peppers, season well, then grill for 5 mins until golden. Turn the aubergines over, scatter with the lemon zest and rosemary, then grill for 5 mins more until golden and soft in places. Stir the capers and the lemon juice into the vegetables. Season and set aside. Make and chill up to 3 days ahead; the flavours will intensify as it matures. Make sure you serve it just warm, with the parsley folded through it.

For the toasts and fish, mix the rosemary, crushed garlic, oil and some seasoning. Brush half of this over one side of the ciabatta slices. Mix the chilli into the remainder, then brush over the fish and let it marinate for anything from 5 mins to 1 hr in the fridge. Grill the fish, skin-side up (or barbecue skin-side down), for 4-5 mins, depending on the thickness of flesh, until just cooked through and the skin is crisp. Grill the bread until sizzling and golden. Top the toasts with the escalivada, followed by the fish, and serve with another drizzle oil, if you like.

Churros with chocolate dipping sauce

Ingredients

50g butter, melted
½ tsp vanilla extract
250g plain flour
1 tsp baking powder
about 1 litre sunflower oil
few chunks of bread

For the sauce

200g bar dark chocolate, not too bitter, broken into chunks
100ml double cream
100ml whole milk
3 tbsp golden syrup
½ tsp vanilla extract, if you have some

For the cinnamon sugar

100g caster sugar
2 tsp cinnamon



Method:

Boil the kettle, then measure 350ml boiling water into a jug and add the melted butter and vanilla extract. Sift the flour and baking powder into a big mixing bowl with a big 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 wooden spoon until lump-free. Rest for 10-15 mins while you make the sauce.

Put all the sauce ingredients into a pan and gently melt together, stirring occasionally until you have a smooth shiny sauce. Keep warm on a low heat.

Fill a large deep saucepan one-third full of oil. Heat until a cube of bread browns in 45 seconds – 1 min. Cover a tray with kitchen paper and mix the caster sugar and cinnamon together.

Fit a star nozzle to a piping bag, 1.5-2cm wide is a good size. Fill with the rested dough, then pipe 2-3 strips directly into the pan, snipping off each dough strip with a pair of kitchen scissors. Fry until golden brown and crisp, then remove with a slotted spoon and drain on the kitchen paper-lined tray. Carry on cooking the rest of the dough in batches, sprinkling the cooked churros with some cinnamon sugar as **you go**. Once you've cooked all the churros, toss with any remaining cinnamon sugar and serve with the chocolate sauce, for dipping.

Spanish Chicken

Ingredients

8 chicken thighs, skin on and bone in
3 onions, thinly sliced
2 tsp paprika
zest and juice 1 lemon
good handful parsley, roughly chopped
150ml stock
1 tbsp olive oil

Method

Heat oven to 190C/170C fan/gas 5. Put all the ingredients into a large, wide ovenproof dish. Mix everything together with your hands and season.

Bake for 45 mins, stirring the onions after 20 mins, until the chicken is golden and the onions tender. Serve with rice.



Spanish Potatoes

Ingredients:

2 tbsp oil
3 tbsp tomato purée
1 tsp smoked paprika
800g potato, cut into small chunks
4 garlic clove
juice ½ lemon
handful flat-leaf parsley leaves,
roughly chopped



Method

Heat oven to 180C/fan 160C/gas 4. Mix the oil, tomato purée and paprika together, then coat the potatoes thoroughly in it.

Squash the garlic in its skin with the flat of a knife and place on a baking tray with the potatoes.

Season well with salt and pepper, then roast for 40 mins, turning halfway through, until the potatoes have crisped up and are fluffy inside.

Five mins before the end of cooking, sprinkle over the lemon juice and return to the oven. Serve with the parsley scattered over.

Spanish sardines on toast

Ingredients:

1 tbsp olive oil
1 garlic clove, chopped
1 red chilli, deseeded and chopped
1 lemon, zest and juice
2 x 120g cans sardines
in sunflower oil, drained
4 slices brown bread
half small bunch parsley, chopped



Method:

Heat the olive oil in a frying pan, then sizzle the garlic clove and red chilli.

Add the lemon zest.

Add the sardines and heat through for a few mins until warm.

Toast the brown bread.

Stir the parsley into the sardines, add a squeeze of lemon juice, then divide between the toast and serve

Spanish stuffed peppers

4 red pepper
150g pack cherry or baby plum tomato
(we use a mixture for their colour)
½ ciabatta loaf, or similar, cut into 2½ cm chunks
3 fat garlic clove, thinly sliced
140g chorizo, cut into chunky slices
4 tbsp sherry vinegar/apple juice
4 tbsp good-quality olive oil
pinch of caster or granulated sugar
parsley (optional)
and more crusty bread, to serve



Method:

Heat oven to 220C/200C fan/gas 7.

Halve the peppers through the stalk, then cut out and throw away the seeds.

Sit the peppers snugly, cut-side up, in a casserole dish, or two if needed. Halve any larger tomatoes, then divide them, the bread chunks, garlic and chorizo between the dishes.

Drizzle over the vinegar, then the olive oil, and season with pinches of sugar, sea salt and ground black pepper.

Bake for 30 mins, covered, until the peppers are tender and collapsing a little. Remove, uncover and cook for a further 30 mins.

Leave the peppers to cool a little, then scatter with parsley, if you like, and spoon onto plates, scooping out any extra juices.

Serve with crusty bread for mopping up the juices.

Sweet potato, chickpea & chorizo hash

Ingredients:

600g sweet potatoes, diced
1 tbsp sunflower oil
1 large red onion, thinly sliced
400g cooking chorizo sausages, skinned and crumbled
400g can chickpeas, rinsed and drained
4 large eggs
1 green chilli, thinly sliced into rings



Method:

Boil the sweet potatoes for 8 mins until tender, then drain.

Meanwhile, heat the oil in a large ovenproof pan and cook the onion and chorizo for 5 mins until softened.

Add the sweet potatoes and chickpeas and cook for 5 mins more.

Roughly break the mixture up with a fork, then flatten it down lightly to form a cake. Cook for a further 8 mins, without stirring, until cooked through, crispy and golden on the bottom.

Heat grill to high. Break the eggs onto the hash, season, then place the pan under the grill and cook for 2-3 mins until the whites are set.

Sprinkle with chilli to serve.

Spiced tortilla

Ingredients:

1 tbsp sunflower oil
1 onion, sliced
1 red chilli, deseeded and shredded
2 tsp curry spice (we used coriander, cumin and turmeric)
300g cherry tomato
500g cooked potato, sliced
bunch coriander, stalks finely chopped, leaves roughly chopped
8 eggs, beaten

Method:

Heat the oil in a large frying pan. Fry the onion and half the chilli for 5 mins until softened. Tip in the spices, fry for 1 min more, then add the cherry tomatoes, potatoes and coriander stalks to the pan. Season the eggs well, pour over the top of the veg and leave to cook gently for 8-10 mins until almost set. Heat the grill and flash the tortilla underneath for 1-2 mins until the top is set. Scatter the coriander leaves and remaining chilli over the top, slice into wedges and serve with a green salad.

