



GaTIS - Innovative Solutions in Tourism and Gastronomy

RECIPES WITH ECOLOGICAL FOOD



**Centro Superior Hostelería
Mediterráneo**

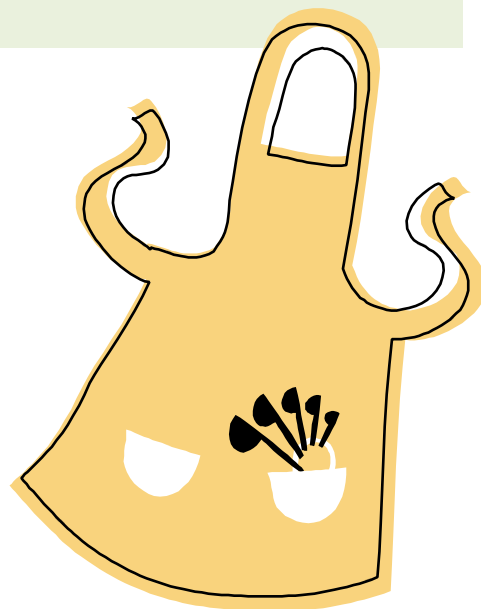
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AVENIDA DEL CID 56 46018 VALENCIA (SPAIN)

Cooking and Gastronomy VET School

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Creamy rice with artichoke

Arroz caldoso de alcachofa

Ingredients for 4 people:

- 300 gr of round local rice (Variety “cazador or bomba”)
- 1p cuttlefish
- 3 artichokes
- 3 garlic cloves
- 50 gr of crushed tomato
- 1 Tablespoon medium sweet paprika.
- 1 Tablespoon medium saffron
- 3 Tablespoons extra virgin olive oil
- 2 L of water or broth
- Salt to taste



Ecological chicken paella with mushrooms

Paella de pollo campero y setas

- 300 gr of round local rice (Variety “cazador ”)
- ½ ecological chicken
- 150 gr of local mushrooms
- 50 gr of crushed tomato
- 1 Tablespoon medium sweet paprika
- 1 Tablespoon medium saffron
- 3 Tablespoons extra virgin olive oil
- Some rosemary
- 2 L of water or broth
- Salt to taste



- Prepare the chicken. cut it into medium or small pieces with bone and season it;
- Fry it with a little extra virgin olive oil until golden brown;
- Then fry all types of mushrooms along with the chicken;
- Grate the tomato and incorporate it in the center of the pan so that it fry more quickly, and add the spices. (be careful not to burn)



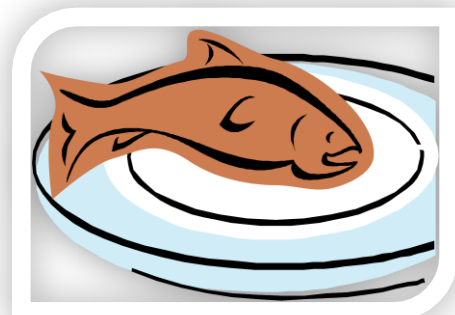
- Then add water and let the broth cook for about 40 min. season and rectify salt;
- When the broth is ready, incorporate the rice following the instructions and let it cook for 17 min or 15 depending on the type of rice;
- the first 8 min always at high heat;
- This same recipe can vary according to seasonal vegetables and local ones. Of course, within the eco variety we can make it with whole rice, buckwheat etc...

Ecological Sea bream with salt

Doradas acuicultura de produccion ecologica a la sal

Sea bream with salt Or how to make a baked fish juicy. This recipe, which can also be done perfectly with sea bass, will result in a very juicy fish. The salt will act as a European sea bass or with other eco fish, preventing the juices of the fish from evaporating during baking. However, although it may seem an exaggerated amount of salt, the sea bream will absorb just the amount needed, resulting in a golden to the point of salt, juicy, delicious and sure to repeat. In addition, it does not require any extra ingredients, except fish, a little water and the salt itself. Neither oil, nor garlic nor any other extra ingredient.

- 1 kg Salt
 - 1 Sea Bream
 - 1 glass of water
- In a bowl, we put all the salt. We add, for the moment, half a glass of water and mix with the fingers. What we want is for the salt to remain compact. That is not loose and you can take handfuls with handfuls. Something like texture, when we take a handful of snow but, in this case, with fat salt. If we add the half glass of water, we do not achieve this texture, we throw the remaining water until we achieve it;
 - achieved this texture and in a baking dish, put a thin layer of salt, squeezing it with your hands. On it, we put the golden ones. Cover the sea breams



with the remaining salt, making sure to squeeze a little, so that it is well compacted and the golden ones are well covered. We're just going to let heads pop. That is to say, we are not going to cover them up. The rest of the fish should be completely covered by salt. As I said, although it seems a lot of quantity, the golden one will only absorb a minimum quantity, finally remaining at the point of salt;

- Insert the tray in the central slot of the oven, previously heated to 200°C. Generally the sea bream is done in about 20 minutes but, in this case, when carrying this protective layer of salt, we must leave it a little more, so that the heat completely penetrates inside the fish. Nor too much more, so it does not dry out. With 25 minutes, it should be enough;
- After the time, we removed the oven. We eliminate carefully all the salt that covers the fish that, has already fulfilled its function and we serve immediately

Caramelized artichokes with clams

Alcachofas caramerlizadas y tellinas (en su defecto clochina)

- Artichokes
 - Clams
 - Panela
 - Extra Virgin Olive Oil
 - Balsamic vinager
 - Parsley
 - Maldon Salt
- The caramelized artichokes: remove the outer leaves of the artichokes and let them soak in abundant water with parsley to prevent them from blackening. They are removed, drained and chopped. A pan with olive oil is put on the fire and when it is hot the artichokes are added- when they begin to brown, a little panela is added to caramelize them. A splash of balsamic vinegar is also added and the option is maintained while stirring the whole until the vinegar has completely evaporated;
 - The clams: on a hot plate they are well marked on both sides;



- Presentation: the caramelized artichokes are placed on the
- bottom of the plate as a bed and on it the clams are distributed. Finally, it is irrigated with a jet of oil and seasoned with Maldon salt;
- This recipe can also be prepared with scallops or any other type of mollusc.



Esgarraet

- 6 red peppers
 - 250g of cod
 - Olives (optional)
 - Garlic
 - Olive oil
 - Salt
- It is a recipe that has a low difficulty, and it will only take 20 minutes to prepare it, and cook it;
 - Place the whole peppers and the piece of cod on an iron or grill, and roast them. Once done, they are removed from the heat and allowed to cool. The peppers are peeled, cut with hands to irregular strips and arranged in a dish. The cod is crumbled and the thorns are extracted;
 - Place it in a dish over the peppers, and season with the chopped garlic and salt;
 - If desired, it can be decorated with olives;
 - It is watered with abundant oil and left to rest

Alcachofas rellenas con salsa verde

Stuffed artichokes with green sauce

- 12 artichokes DOP Benicarlo.
- Olives
- 100 gr grated bread
- 1 yellow egg
- 2 branches of parsley



- 50 gr integral flour
 - glass of white wine
 - Pinions
 - Extra Virgin Olive Oil
 - Salt
- The outer leaves of the artichokes are removed and the heart is emptied, with the help of a spoon, with great care so that they do not break. On the other hand, the “picadillo” is prepared with the olives, the egg yolk, the bread crumbs, a little parsley until a homogeneous paste is obtained. the artichokes are stuffed with the pasta and reserved;
- Aside the green sauce is prepared: first water is heated in a saucepan and the remaining bunch of parsley is added. When the water has boiled for a few minutes, it is emulsified with the help of a hand mixer and reserved;
- Then the stuffed artichokes are passed through the flour and sauté in a pan with hot oil until golden brown;
- Then cover with the green sauce and let it cook for 15 minutes over low heat. A glass of white wine and a handful of pine nuts are incorporated shortly before finishing the cooking.

Chestnuts and hazelnuts soup

If you do not have local nuts such as hazelnuts or almonds you can also substitute not mushrooms

- 1 shallot
- 1 carrot
- 400gr chestnuts
- 2 tablespoons extra virgin olive oil
- 50 ml white wine
- 800 ml bouillon
- 1 cinnamon
- 100 gr hazelnuts
- Salt and pepper

Peel and chop the shallots and the carrot. Chop the cooked chestnuts well. Heat a tablespoon of oil in a pan and sauté the shallots first and then the carrot briefly. Add the wine and then the broth and cinnamon. Let it

simmer for 10 to 15 minutes while roasting the hazelnuts in a skillet without fat until they give off aroma. Let them cool a bit and chop them up. Add the chestnuts and the cream to the soup 3 minutes before the end of the cooking remove the cinnamon stick. Crush the soup and salt it. Garnish with hazelnuts. You can accompany the soup with slices of fruit bread or unleavened bread.

Warm salad of roasted peppers with saffron *Crema de berenjena y granada*

- 3 peppers
- 200 grams of organic couscous
- an organically grown orange
- 4 tablespoons of olive oil
- a spoonful of balsamic vinegar
- Salt
- half a tablespoon of saffron threads
- 75 grams of almonds

- Paint the peppers with a little oil and put them on the baking tray for about 8 minutes. When the skin is hollowed out and air bubbles are formed, take them out and cover them with a damp cloth. Then peel and split them in half and remove nuggets and cut into strips;

- Meanwhile cook the base of our salad al dente according to the instructions of the container and wash it with cold water and seasoned with a little oil so that it does not stick;

- Stripe in the middle of the skin of the orange and squeeze it. Cook the juice and the zest with the oil the vinegar and salt for about 5 minutes;

- Bruise the saffron dissolves it in a spoonful of tempered dressing and mix it with the strips of pepper.

then add the peppers and seasoning to the cuscus and proceed to the freshly roasted almonds.



Ajoblanco and beetroot gazpacho

Beetroot Gazpacho:

- 1/2 kilo of ripe tomato
- ½ kg beetroot
- 1/2 green pepper
- 1 clove garlic.
- 1 dl of olive oil.
- 4 tablespoons of wine vinegar.
- 1 slice of brown bread (if you do not have white bread, use sliced bread)
- fine salt



Ajo Blanco:

- 200 gr. of raw almond.
- 2 small cloves of garlic
- 150 gr. of bread crumbs of hard loaf.
- 1 liter of fresh water.
- 100 ml of almond milk (optional)
- 100 ml. of extra virgin olive oil.
- 30 ml. of sherry vinegar.
- A pinch of salt (to taste)

Sweet potato and parsnip pancake with shrimp

Tortitas de boniato y chirivía con camarones

- Extra virgin olive oil
- 300 grams of fresh onions.
- Very cold water
- 20 grams of fresh parsley
- 200 grams of baked chirivía and sweet potato
- 150 grams of raw shrimp

Fideua

- 350 grams of thick noodles, or integral noodles.
- fish soup.
- 150 grams of peeled prawns.
- some local mussels
- a squid in pieces or cuttlefish.
- an onion.
- 1 eco red pepper and 1 green.
- saffron.
- sweet paprika & salt.
- extra virgin olive oil



- In a bottom of oil fry the tomato, pepper and onion, slowly
- Prepare a fish stock and strain it;
- When the stew is wrapped with the monkfish galley, prawns
- Pour 1 measure of noodles for 1 and 1/2 of broth, add salt thyme and rosemary;
- Move it alternately and when it boils lower the heat and keep 10 or 12 minutes to remove and rest for 10 minutes, if it is fire induction num 3.



