



Spanish Cooking Retreat

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Agenda & Run Sheet



- FRIDAY
- 3PM Check in
- 4PM Meet & Greet
- 5PM Welcome Drinks & Tapas
- 6PM Cooking Class
- 7PM Dinner & Dessert

Spanish cuisine Dishes



Paella



Tortilla Española



Gazpacho



Churros con Chocolate



Croquetas



Patatas Bravas



Pulpo à la Gallega



Empanadas



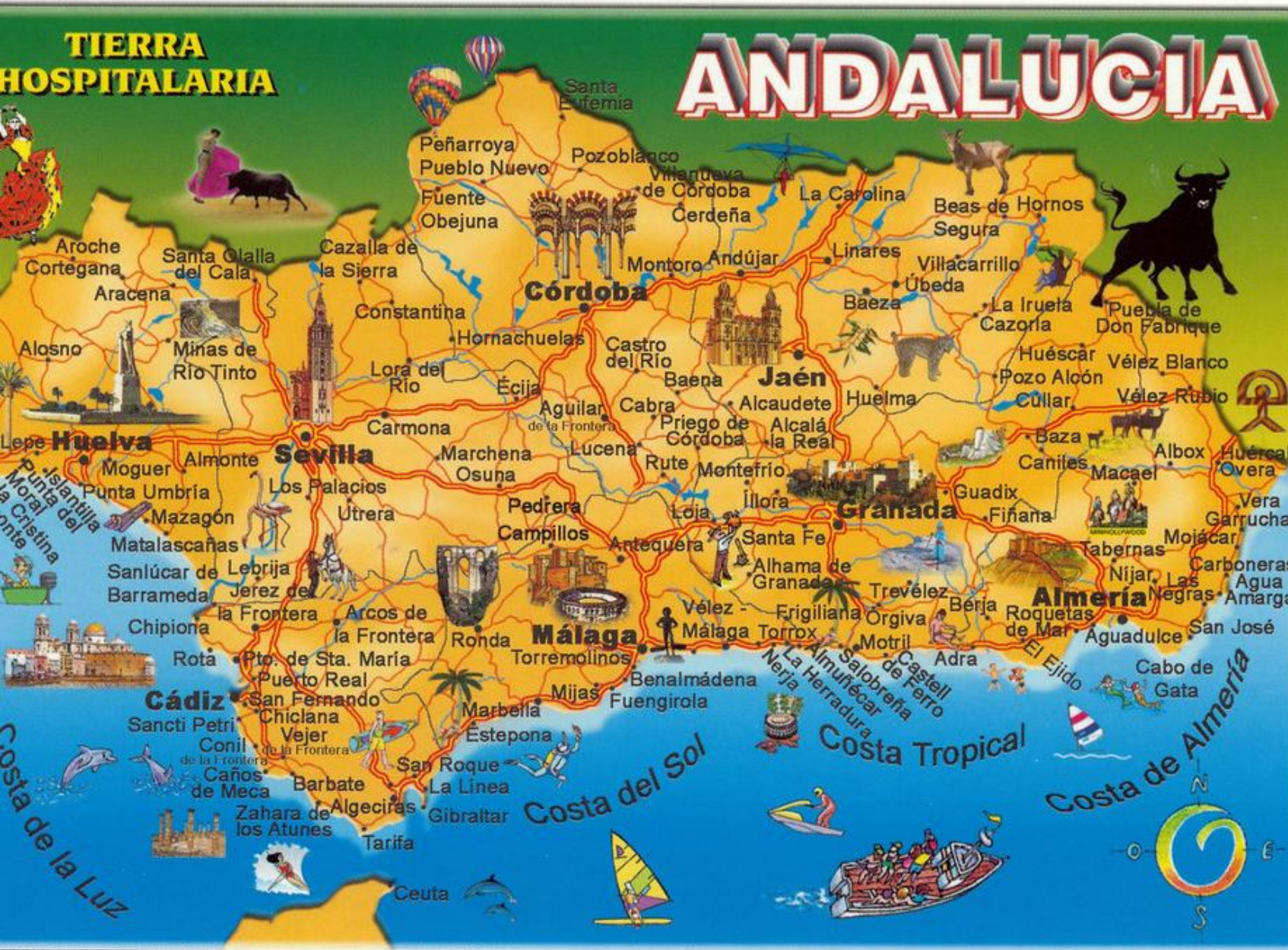
Caldero



Ensalada



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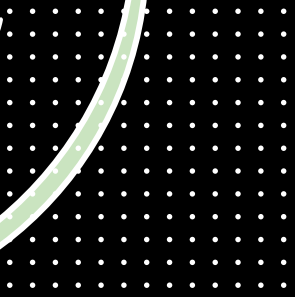


Andalucia In Spain Some History...

- Typical Andalusian dishes are closely linked to [olive oil](#), almonds, fish, meat and vegetables. The region has a past linked to [Moorish culture](#) which means that its recipes also have a **notable Andalusian, Moroccan influence**



Spanish Lemon, Garlic & Tarragon Chicken



- Ingredients
- Whole chicken
- 1 cup chicken stock
- 2 onions quartered
- Cup white wine
- 2 bay leaves
- Bunch Tarragon
- Sprig Rosemary
- 8-10 baby potatoes
- 150g butter
- 8 cloves garlic
- Bunch Parsley
- 3 lemons and zest
- Pepper & Salt

Spanish Lemon, Garlic & Tarragon Chicken

Method

- Mix the softened butter with 4 crushed garlic cloves, lemon zest, finely diced parsley, tarragon, rosemary, thyme, salt & pepper. Stuff the cavity with lemon wedges, and more springs of herbs
- Gently part the skin from the breast and spread the herbed garlic butter in between the breast and skin. Then spread over the whole top of the chicken.
- Place in a roasting dish, adding onions, whole garlic cloves, wine, stock, parsley, tarragon, rosemary, thyme, bay leaves, pepper, potatoes, and 4 lemon wedges
- Bake for 1 hour in the hottest oven possible
- Remove, let it rest, serve with the potatoes and onions, some steamed asparagus and the use all the juices as your jus





Spanish Rice Pudding Arroz con Leche

- **Ingredients**

- ☐ 6 cups whole milk
- ☐ 1 lemon peel
- ☐ 1 orange peel
- ☐ 1 cinnamon stick
- ☐ 1/2 cup granulated sugar, or to taste
- ☐ 1 cup short-grain rice
- ☐ 1 teaspoon ground cinnamon

Spanish Rice Pudding

Arroz con Leche

- **Instructions**

- Add the milk, citrus peels and cinnamon stick to a medium pot. Cook over medium-low heat, stirring occasionally, until it begins to boil. Turn off the heat and let it infuse for 10 minutes
- Add the sugar and stir to dissolve. Add the rice to the pot. Cook over low heat for about 15 minutes, stirring constantly, until the rice is completely cooked and creamy. Serve and sprinkle with cinnamon



Spanish
cuisine



Paella



Gazpacho



Tapas



Pisto



Turrón



Churros



Tortilla Española



Patatas Brava



Polvorón



Ajo Blanco

+



Saturday Agenda

- 9am Breakfast
- 11am Paella Cooking Class
- 1pm Long Table Lunch
- 3pm – 5pm Free Time
- 5pm Cooking Class
- 7pm Dinner

Let's Cook!.. Spanish Tortilla (omelette)

- 6 large eggs
- ☐ 1 medium onion + 3 c
- ☐ 3 med potatoes sliced or cubed
- ☐ 8 tablespoons olive oil extra virgin
- ☐ 1-2 teaspoons salt
- ☐ 1/2 tsp black pepper
- ☐ 6 tbsp parsley fresh -chopped (for garnish)
- OPTIONAL EXTRAS
- ☐ 1 roasted red pepper + fried Chorizo





Let's Cook!... Spanish Tortilla Omelette

- Wash, peel, and slice the potatoes, allow them to drain in a colander while you prepare other ingredients.
- Peel, wash, and shred the onion and add to the potatoes ready to be tossed in the heated pan.
- Heat the olive oil in a medium to large non-stick pan on medium-high heat.
- Add the 6-8 tablespoon of olive oil. Add diced chorizo and fry, then add the sliced potatoes and chopped onions, season well with salt and pepper. Sauté, toss and turn the heat down, stirring occasionally. Cover and allow those to cook slowly (on low heat) for 15 minutes until the potatoes are nice and soft. Add the roasted red pepper now if you choose to use it.
- Meanwhile, whisk the 6 eggs in a large bowl. Whisk them well and season a little more with salt and pepper.
- Add the whisked eggs to the potato and onion, stir together so the egg mixes coats all the potato
- Let it sizzle for 1 minute or so, then turn the heat down to the minimum and allow the omelette to cook (uncovered) slowly for approximately 7-8 minutes.
- When the tortilla is about $\frac{3}{4}$ set, slide the omelette from the pan onto a plate, then immediately flip the plate so that the omelette lands back in the pan, cooked side up.
- Place the non-stick pan back on low heat, let it cook slowly for another 4-5 minutes.
- When the omelette is ready, take it out onto a serving plate and cut it into slices, pizza-like slices. Serve with any salad, crusty bread



Andalucian Paella

Ingredients;

- ½ cup Olive oil
- 1 large onion finely diced
- 6-8 garlic cloves minced
- Spanish Chorizo
- 500 gm pork fillet
- 12 chicken drumsticks
- 2 bay leaves
- Parsley stalks bunch (leaves chopped for garnish)
- 3-4 Roasted red peppers sliced
- 2 Tins diced tomatoes
- 1 cup frozen peas
- Saffron
- 2 cups short grain rice such as Bomba or arborio
- 1 cup white wine
- 2 large squid cleaned and sliced into ¼-inch rings
- 3 cups homemade seafood stock (roasted and boiled prawn heads, fishbones)
- 3 cups chicken stock
- 12 prawn's shells on
- 12 prawn's tails on
- 20 mussels (use stock for the fish stock)
- lemon wedges (6-8 lemons)

Serves 12



Andalucian Paella

Method;

- Sofrito (make day before) sauté onion, garlic, chorizo, red peppers, bay leaf & 1 cup white wine, 1 tbsp smoked paprika, 1 tbsp sweet paprika, S&P & pinch of saffron & simmer 1- hour – let it infuse
- Fry off more chorizo, pork fillet and chicken drumsticks to brown, in ½ cup oil. Remove meat (leave flavoured oil)
- Add rice and coat the rice with oil, cook 2 mins.
- Add back the sofrito, stir through
- Add back the meat, then add both stocks, a ladle at a time. Stir only occasionally, it's not a risotto. You don't want it creamy, you want it soft with a crunchy bottom so gently move the rice slowly, so it doesn't burn but don't stir.
- When rice is al dente, decorate the top with the calamari rings, prawns and mussels and cover with foil, turn heat right down and let the seafood cook.
- Sprinkle thawed peas all over
- Add lemon wedges all over
- Serve with chopped parsley
- *The secret to a good paella is a intense homemade stock

Let's Cook...Orange Crema Catalana

Serves 12

Ingredients;

- In a saucepan add;
- 600ml Full Fat Cream
- 300ml milk
- 1 teaspoon Vanilla essence or vanilla pod seeds + pod in
- Zest of 1 orange
- 1 cinnamon stick
- Bring to the boil (watch closely it doesn't burn)
- Turn off as soon as it just comes to the boil. Put lid on and let it infuse & simmer for 15-30 mins

Caramel

- 150 gm's Caster sugar
- Juice 2 -3 oranges
- Bring to soft boil in saucepan and let it caramelize & turn golden
- Immediately pour into a large flan dish or 12 small ramekins



Let's Cook...Orange Crema Catalana

Custard

- 200gm sugar
- 8 eggs
- Whisk eggs & sugar in Thermomix or beaters until pale and fluffy
- Sieve the cream mixture to get rid of vanilla pod and cinnamon stick
- Gently, slowly pour the cream mix into the egg mix whisking constantly so they don't scramble
- Slowly adding creme is key
- Pour the mix into the ramekins
- Place the ramekins onto a baking tray and into a low oven at 150-160 fan - pour boiling water into the baking tray half-way up the outside of the ramekins and bake 30-45 until set with a slight wobble
- Let it cool and refrigerate overnight
- Turn & the ramekins using palette knife to loosen around edges
- Garnish with a dehydrated oranges and serve

*can make this in a Thermomix using the 'crème brulee' recipe adding the orange and cinnamon powder



Let's Cook... Gaspacho

- **Ingredients**

- 6-7 medium tomatoes vine-ripened , 1 roasted red capsicum
- 1 cucumber
- ½ of a small white onion
- 1 medium clove garlic
- ¼ cup good quality extra virgin olive oil plus extra for drizzling
- 1 splash sherry vinegar Vinagre de Jerez
- 1 pinch salt plus extra for garnish
- toppings such as diced green apple, onion, pepper, croutons



Let's Cook... Gaspacho

- Instructions
- Chop tomatoes
- Chop red capsicum, discard the seeds and membranes
- Peel the garlic
- Peel and quarter the onion.
- Peel the cucumber and cut it in half. Add half to the blender and save the other half for a topping.
- Add the tomatoes to a blender, then add the pepper, garlic, onion, and cucumber
- Add oil & vinegar and season to taste.
- Blend until smooth, serve with garnish of choice.



- 9am Breakfast
- 11am Tapas Cooking Class
- 2pm Lunch
- 2pm – 5pm Free Time
- 5pm Check Out!

Please feel free to leave us a beautiful google review, with thanks



Let's Cook!...Recipes

Huevos a la Flamenca

A typical dish from Seville, which comes from the Sevillian bars that combined vegetables and sausages with an egg baked in the oven

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 ¼ pounds (520 grams) potatoes peeled cut into bite-size cubes
- ☐ 2 cups (222 grams) Spanish chorizo, cut into bite-size cubes
- ☐ 1 ½ cups (170 grams) onion
- ☐ 2 garlic cloves, peeled and finely chopped
- ☐ 2 teaspoons red chili pepper, finely diced
- ☐ ½ teaspoons smoked paprika
- ☐ 1 teaspoon salt
- ☐ 1 ½ cups (350ml) Passata
- ☐ 1 ½ cups 150 grams frozen peas
- ☐ 8 large eggs
- ☐ 4 slices serrano ham, substitute prosciutto
- ☐ Salt and ground black pepper
- ☐ Chopped parsley for garnish



Let's Cook!...Recipes

Huevos a la Flamenca

- **Instructions**

- Preheat oven to 200°C.
- To a saucepan, add the oil over medium-high heat. Add the potatoes, chorizo, onion, cook until they are slightly browned.
- Add the chili pepper, garlic, smoked paprika, salt cook, stirring. passata, simmer for 10 minutes. Stir in the peas.
- Add an even amount of potatoes to the bottom of baking pots. Make 2 wells in each pot. Crack each egg into small bowls and carefully place 2 in each pot.
- Season with salt and pepper. Bake in the oven for 15 minutes until the eggs are set, but yolks still runny.
- Spread the ham or prosciutto slices flat to a baking sheet and bake for 10 minutes until crispy.
- When the eggs are cooked, remove the pans from the oven, break up the crispy ham or prosciutto over the top of each and garnish with parsley. Serve immediately.



SPANISH TAPAS

All you need to know + restaurant tips

Let's Cook!

Tapas

- Menu
- Jamon Croquettas
- Albondiga's Meatballs
- Mushrooms in Sherry Cream
- Calamari A la Planch
- Sardinas
- Patata Bravas





Let's Cook! Jamon Croquette's

Ingredients

50g butter

Half onion

70g jamon serrano

100g smoked bacon

900ml full fat milk

60g flour

Pinch nutmeg

S&P

Seasoned flour for rolling

2 beaten eggs

Seasoned breadcrumbs

Let's Cook! Jamon Croquette's

Method

Add butter to pan and melt with bacon.

Add diced onion, sweat 5 mins

Add thinly diced jamon

Add serrano ham, cook 4 mins.

In separate pan, heat milk while serrano is cooking

Then add nutmeg & white pepper to ham mix

Then add flour, stir constantly

Ladle by ladle, add the milk stirring constantly until all gone, stir good 30 minutes until thickened.

Cool in fridge until solidified

When set, roll into balls and roll into seasoned flour, beaten eggs, seasoned breadcrumbs and deep fry until golden

Ingredients

Meatballs

- 350g minced beef
- 1 onion, finely chopped
- 3 garlic cloves, squeezed
- 1 bunch flat-leaf parsley, finely chopped
- 1 egg
- 3 tbsp breadcrumbs
- $\frac{3}{4}$ tsp salt
- a little pepper
- oil, for frying

Tomato sauce

- 1 tbsp olive oil
- 400g chopped tomatoes
- $\frac{1}{2}$ tsp salt
- a little cayenne pepper
- $\frac{1}{4}$ tsp cumin



Let's Cook!
Albondigas



Let's Cook!

Albondigas

Method

Meatballs

- Mix the mince with half of the onion, garlic and parsley, plus all the other ingredients up to and including the pepper. Knead well by hand until the ingredients form a compact mass. With wet hands, shape the mass into 16 balls. Heat the oil in a frying pan. Fry the meatballs in batches over a medium heat for approx. 7 mins. keep warm.

Tomato sauce

- Heat the oil in the same pan, sauté the remaining onion and garlic for approx. 3 mins. Add the tomatoes, spices & season.
- Turn down the heat, reduce for approx. 15 mins. Add the meatballs, heat gently.
- Sprinkle with the remainder of the parsley

Let's Cook! Sherry Cream Mushrooms

Ingredients:

- 3 Tablespoons pure olive oil
- 2 large shallots
- 3 large garlic cloves, minced
- 5 ounces small white button mushrooms, halved
- 3 ounces shiitake mushrooms, sliced
- 1/4 teaspoon crushed red pepper flakes
- 2 cups medium-dry sherry (amontillado), divided
- 3 thyme sprigs
- 1 stick chorizo
- 2 cups whipping cream
- 1/2 cup cream sherry
- 1 chicken stock cube
- Salt & freshly ground black pepper to taste
- Baguette slices, toasted



Let's Cook! Sherry Cream Mushrooms

Instructions:

- Heat olive oil in a pan over medium heat.
- Add the shallots and garlic; sauté until shallots are transparent, 5 minutes. Stir in the mushrooms and crushed red pepper. Cook, stirring, until mushroom liquid has evaporated and mushrooms are limp, 6 to 7 minutes. Add the dry sherry and the thyme. Stir in the chorizo. Cook over medium-high heat, stirring often, until sherry is reduced to a mere glaze, about 5 minutes.
- Stir in the whipping cream
- Add the stock cube and stir to dissolve.
- Season to taste with salt and freshly ground black pepper.
- Cook over medium heat, stirring often, until cream is thickened, about 6 minutes. Add the cream sherry and stir to blend well. Adjust seasoning. Remove from heat and discard the thyme sprigs.
- Transfer to a shallow serving dish and serve hot with toasted baguette slices



Let's Cook! Patawa Brava's

Ingredients & Method

Tomato Sauce

- Dice 1 onion
- Fry in oil until soft
- Add 3 cloves chopped garlic
- Add 1 diced, de seeded red chilli, sauté 3 minutes
- Add 1/2 tablespoon smoked paprika
- Add 1/2 tablespoon sweet paprika
- Add 1 cup tomato puree/passata/tin tomato's - cook 2 minutes
- Add 2 cups chicken stock
- Add S&P
- Add 1 tablespoon sherry vinegar
- reduce over low - medium heat
- Cool & blend smooth

Aioli

- 2 egg yolks
- 1 grated clove garlic
- juice 1 lemon
- Blitz in blender
- Slowly drizzle 1 cup olive oil and emulsify
- Add S&P
- Add more lemon juice to taste

Potatoes

- Peel 6 potatoes and dice into 2cm chunks
- Salt and boil pot of water
- Add 1.5 tsp's baking soda to the water
- Cook potato's until just soft, drain, season
- & coat in olive oil, stir and fluff
- Bake on oven tray at 200-220 until golden & crisp
- Serve potatoes in skillet, top with tomato
- sauce & aioli drizzled over the top
- Garnish with parsley



A close-up photograph of a white plate filled with calamari. The squid rings are cooked to a golden-brown color, with some showing a charred exterior. They are garnished with finely chopped green herbs, likely parsley, and a drizzle of olive oil is visible at the bottom of the plate. The background is blurred, showing a kitchen setting.

Let's Cook!

Calamari alla Plancha

Ingredients

- 1/2 kilo cleaned fresh calamari, cut into rings
- Sea salt & pepper
- 1/4 cup olive oil
- 5 cloves chopped garlic
- 1 tablespoon chopped flat-leaf parsley
- 1/8 teaspoon chilli flakes
- 1/4 cup extra-virgin olive oil
- Sea salt for garnish
- 4 lemon wedges, for garnish



Let's Cook!

Calamari ala Plancha

Instructions

Heat BBQ grill or saucepan

Pat the calamari dry with paper towels and then season them lightly with salt.

Pour the olive oil in the pan or grill and sear the calamari until it releases its liquid, about 4 minutes.

Add garlic, cook until the calamari is nicely browned. Add the parsley and pepper flakes, stir, & serve immediately

Plate and drizzle with extra-virgin olive oil, squeeze lemon and garnish with sea salt & parsley

Let's Cook!

Grilled Sardines With Lemon, Garlic, and Paprika

Instructions

- 3 medium garlic cloves, finely minced
- 1/4 cup extra virgin olive oil
- 1/4 cup fresh juice from about 2 whole lemons
- 1 teaspoon smoked Spanish paprika
- 1/2 teaspoon freshly ground black pepper
- ½ kilo fresh sardines
- Fine sea salt
- Green Spanish olives
- 2 tablespoons chopped fresh parsley
- Lemon wedges, for serving



Let's Cook!

Grilled Sardines With Lemon, Garlic, and Paprika

- Combine the garlic, olive oil, lemon juice, paprika, and black pepper in a small bowl and whisk well to combine. Arrange the sardines in a single layer on the bottom of a shallow baking dish and pour the marinade over the fish. Turn the fish to ensure they are coated evenly, and spoon some of the marinade into the cavity of each fish. Set aside to marinate for 30 minutes.
- Preheat BBQ grill for 5 minutes.
- Remove the sardines from the marinade and grill over direct heat until well-charred, 2 to 3 minutes.
- Flip the sardines over and grill until charred on second side and cooked through, about 2 minutes.
- Transfer the sardines to a large platter and season with salt. Garnish with chopped parsley and serve with lemon wedges.





Gracia Y Adios
Thank you & Goodbye

Adios