**Gourmet Club Menu**

 **September/October 2018**

 **Spanish Night**

 **Sangría y Tapas**

 Sangría

 Melon with Ham

 Prawns in Garlic

 Beef Empanadas

 Vegetarian Empanadas

 Tortilla de Patatas

 Stuffed Red Roasted Piquillo Peppers

 Spanish meatballs in Almond Sauce

 Gazpacho

 Paella

 **Postre**

 Tres Leches Cake

 **Vino -** Riojas, Tempranillo, Garnacha, Casillero del Diablo

**Sangría**

Serves 4

* 1/2 medium apple (cored, skin on, chopped into small pieces)
* 1/2 medium orange (rind on, sliced into small pieces, large seeds removed // plus more for garnish)
* 3-4 Tbsp organic brown sugar (or 3 Tbsp (37.5 g) organic cane sugar as original recipe is written)
* 3/4 cup orange juice (plus more to taste)
* 1/3 cup brandy (plus more to taste)
* 750 ml bottle dry Spanish red wine\*
* ~1 cup Ice to chill

Add apples, oranges, and sugar to a large pitcher and muddle with a muddler or wooden spoon for 45 seconds.

Add orange juice and brandy and muddle again to combine for 30 seconds.

Add red wine and stir to incorporate, then taste and adjust flavor as needed. I added a bit more brandy, orange juice and brown sugar. Stir to combine.

Add ice and stir once more to chill. Serve as is, or with a bit more ice. Garnish with orange segments (optional).

Store leftovers covered in the refrigerator for up to 48 hours, though best when fresh.

NOTE - \*For red wine, I bought the Albero Spanish Red Wine 2014 Monastrell from Trader Joe’s. However, any fruity, full bodied, somewhat-dry red Spanish wine will do.

\*Recipe adapted from a new favorite of mine, [*Jamie Oliver Drinks Tube*](https://www.youtube.com/watch?v=Ys2-wJ8pqKI).

**Melón con Jamón ( Melon with Ham)**

The best 100 tapas

* 1 yellow melon
* 100 g good ham ( prosciutto, iberico …)

Cut the melon in half and then each half into 3 slices

Remove the seeds and cut the slices into pieces measuring 2.5 cm

Cut the ham into very fine slices to cover each piece of melon.

Wrap the slices of ham around the pieces of melon and place on a metal or wooden skewer.

**Gambas al Ajillo ( Prawns in garlic)**

The best 100 Tapas

This is for 1 individual portion.

* 300g whole prawns
* 1 tbsp oil
* 5 garlic cloves, peeled and chopped
* 4 small pieces of chili pepper
* Salt

Peel the raw prawns and set aside

Pour the oil into a small pan and add the chopped garlic and chili peppers.

Heat everything ensuring that the garlic does not brown then add the prawns and season moderately, stirring until the prawns change colour. Serve very hot.

**Beef Empanadas**

Servings - 36

Bon appetit

INGREDIENTS

* 3 tablespoons olive oil, divided
* 1½ pounds ground beef (20% fat)
* 2 onions, chopped
* 2 red bell peppers, seeded, chopped
* Kosher salt, freshly ground pepper
* 3 tablespoons ground cumin
* 2 tablespoons sweet paprika
* 1 tablespoon dried oregano
* ¼ teaspoon cayenne pepper
* 1½ cups low-sodium chicken stock or broth
* 2 teaspoons sugar
* ½ cup raisins
* 3 packages (12 each) Puff Pastry Dough for Turnovers/Empanadas
* ½ cup pitted green olives (Picholine or Spanish), rinsed well, cut in half.

Heat 2 Tbsp. oil in a large pot over high. Cook beef, breaking up with a spoon, until browned but not completely cooked through, 6–8 minutes. Transfer to a medium bowl with a slotted spoon, leaving as much fat in pan as possible.

Reduce heat to medium and cook onion, bell peppers, and remaining 1 Tbsp. oil, stirring, until tender but not browned, 6–8 minutes; season with salt and black pepper. Add cumin, paprika, oregano, and cayenne and cook, stirring, until fragrant, about 1 minute. Add chicken stock and reserved beef along with any accumulated juices to pot. Stir in sugar, 4 tsp. salt, and ¼ tsp. black pepper. Bring to a simmer and cook, stirring and scraping up any brown bits, until most of the liquid is evaporated, 15–20 minutes; taste and season with salt and black pepper, if needed. Stir in raisins. Transfer to a medium bowl, cover, and chill at least 3 hours.

Preheat oven to 375°. Let dough sit at room temperature 15 minutes to temper. Remove 6 rounds from package, keeping plastic divider underneath, and arrange on a work surface. Place 2 Tbsp. filling in the center of each round. Top with 2 olive halves. Brush water around half of outer edge of each round. Using plastic divider to help you, fold round over filling and pinch edges to seal. Using a fork, crimp edges. Remove plastic and transfer empanada to a parchment-lined sheet tray, spacing 1" apart. Repeat with remaining rounds (you’ll get about 12 empanadas on each tray).

Bake empanadas, rotating tray halfway through, until golden brown and slightly darker around the edges, 25–35 minutes.

Do Ahead: Filling can be made 3 days ahead. Keep chilled. Unbaked empanadas can be made 3 months ahead; freeze on sheet tray, then transfer to freezer bags and keep frozen.

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**Vegetarian Empanadas**

Servings: 12

From: At the Immigrant’s table

#### For dough:

#### 3 cups all-purpose flour

#### 1 ⁄2 teaspoons salt

#### 3/4 cup vegetable oil

#### 1/2 cup cold water

#### For onion and cheese vegetarian empanadas:

* 2 onions sliced into crescents
* 1 cup Gouda cheese shredded
* 1 tablespoon oregano
* Salt & pepper

### **Instructions**

1. Preheat oven to 400F.
2. To make dough: Combine the flour with the salt in a large bowl. Add the oil and the water and knead until dough forms. If the dough requires, add more water. Cover and refrigerate for 10 minutes.
3. For onion and cheese vegetarian empanadas: preheat a large pan to medium heat. Add 2 TBs grapeseed oil. Saute onion until it turns golden, 10 minutes. Remove from heat and season with oregano, salt & pepper. Set aside. When making empanadas, layer 1 TB of onion mixture per empanada and top with a sprinkle of cheese. Seal empanada and set aside. Repeat with remaining filling and dough.
4. When ready to bake, arrange empanadas on parchment-lined baking sheets. Brush tops with egg wash, and sprinkle sesame seeds (optional). Bake until golden brown, rotating sheets halfway through, 30 to 40 minutes

**Tortilla de patatas**

Makes 4-6 ( please keep in mind this is an appetizer)

From: Straight from Spain Culinary School

Step 1 - Cooking the potatoes

* 1 medium onion
* 3 tbsp olive oil
* 1 tsp salt
* 5 medium russet potatoes ( 4 to 4 ½ cups once cooked)
* 2 tbsp olive oil
* 1 ½ tsp salt
* ⅛ tsp white pepper

To start the tortilla, peel and dice the onion. Heat a non-stick fry pan to medium-low and add the olive oil, followed by the onions and salt. Stir and sweat until translucent. While the onions sweat, peel the potatoes. Once the onions are ready, cut the potatoes into quarters lengthwise. Using a small paring knife, cut the potato into little pyramid-shaped pieces, placing them into the pan as you cut them. Once you have finished cutting all of the potatoes, add the remaining olive oil, salt and white pepper.

Turn the heat up to medium and fold everything together. Then turn the heat down to medium-low, cover and let cook. Check the potatoes occasionally to make sure they are not taking on any color. If so, turn the heat down a bit. When the potatoes are almost done, check for seasoning. The potatoes will take anywhere from 25 to 35 minutes to cook. Once the potatoes are cooked, measure out approximately 4 to 4 1/2 cups into a large bowl.

Step 2 - Assembling the Tortilla

* 5 large eggs
* 1 tsp olive oil

Whisk the eggs and pour over the potatoes, fold together.

Heat a 9" -inch, non-stick fry pan (see Chef Notes) over medium heat and add the oil. Once the pan is hot, add the potato and eggs.

As soon as the sides of the tortilla start to cook, give the pan a bit of a shake to make sure the bottom is not sticking. Once the egg starts to set, fold the sides slightly inwards. As soon as the edges of the tortilla start to brown, flip the tortilla over using a large, flat plate.

Place the frying pan back onto the stove and drizzle with a bit more oil. Slide the tortilla, uncooked side down, back into the pan and tuck the sides underneath. Cook on medium heat for another 3 to 5 minutes. Use a large plate to flip the tortilla out of the pan. Allow the tortilla to sit for at least 15 minutes before serving. Once the tortilla has cooled, cut into wedges.

This is not only a great appetizer but it also makes a nice light meal anytime of the day served with a bit of salad and a few oven-dried tomatoes for garnish.

The shape and size of your pan is important. You will need a pan with curved sides that is about 9" -inches in diameter. Also, make sure the pan is non-stick and has sides that are at least 2" -inches high.

This is an example of how good just a few simple ingredients can be when put together. Tortilla de Patatas (Potato Frittata) is one dish that is on every tapas menu in Spain.

**Piquillo Peppers stuffed with Goat Cheese**

Epicurious

Servings: 1-2 peppers each

* 2 tablespoons finely diced shallots
* 1 scallion (white part only), thinly sliced
* 1 1/2 teaspoons aged Spanish sherry vinegar
* 1 can (13.75 ounces - 16 peppers) piquillo peppers,drained
* 3 ounces soft goat cheese
* Olive oil cooking spray
* 1 teaspoon chopped fresh parsley
* 1/2 teaspoon chopped fresh thyme

Whisk shallots, scallion and vinegar in a bowl. Season with salt and pepper. Slice open the top of each pepper to create a pocket. Spoon cheese into peppers, dividing it equally among them. Heat a large frying pan over medium heat; coat with cooking spray. Cook peppers, flipping once, until cheese begins to melt, about 30 seconds each side. Transfer to a platter. Sprinkle with parsley and thyme. Drizzle dressing over peppers and serve.

**Albóndigas en Salsa de Almendras ( Meatballs in almond sauce)**

Makes 30 meatballs

**For the Meatballs**

* 1 lb of ground pork\*
* 1 lb of ground beef\*
* 3 eggs
* 2 garlic cloves, minced
* Parsley, minced
* ½ cup milk
* ¼ cup breadcrumbs
* Flour
* Salt
* Pepper
* Olive oil (or other) for frying

 **\*** You can use 2 lbs ground lamb instead of pork and beef

**For the Sauce**

* ¼ cup olive oil
* 3 whole garlic cloves
* 4 slices of white bread, crusts removed and cut into quarters
* ⅔ cup white wine
* A pinch of saffron threads (add this to the white wine while preparing the rest of the recipe)
* ⅔ cup chicken stock
* ½ cup raw almonds

**Instructions:**

* Start by making the ground meat mixture. In a large bowl, combine the eggs, 2 minced garlic cloves, a handful of minced parsley, the milk, salt, pepper, and breadcrumbs. Add more breadcrumbs if necessary to be able to form the meatballs.
* Refrigerate the mixture for a few hours, or overnight. Make sure it's covered in clingfilm, with the plastic touching the meat directly. You can skip this step, but may have to add more breadcrumbs and the meatballs may not be as flavorful.
* When you're ready to make the meatballs, roll the meat mixture into medium sized balls, and dredge in flour. Fry in hot olive oil (or sunflower oil), turning if necessary to brown all sides. Drain on paper towels. They should still be pink on the inside, as they'll continue to cook in the almond sauce.
* To make the almond sauce, add about ¼ cup olive oil to a frying pan and sauté the 3 whole garlic cloves over medium heat. Take them out as soon as they're golden, and add them to a food processor.
* In the same oil, fry the raw almonds until just golden. Take them out as soon as they've turned color- don't let them burn! Add them to the food processor.
* In the same oil, turn up the heat and fry the slices of white bread (making croutons). Remove and add to the food processor.
* Add the liquids (chicken stock and saffron-infused white wine) to the food processor, and blend for a minute or so (until smooth but not a complete purée).
* Cover the meatballs with the sauce, and cook for about 20 minutes over a very low heat. If you cook on a high heat, the meatballs could break apart. If the sauce is too thick, add a bit of water.
* Taste, adjust the salt and pepper, and enjoy your homemade albondigas en salsa de almendras!

**Gazpacho**

Makes 8-12 servings

The New York Times

More of a drink than a soup, served in frosted glasses or chilled tumblers, gazpacho is perfect when it is too hot to eat but you need cold, salt and lunch all at the same time. Gazpacho is everywhere in Seville, Spain, where this recipe comes from, but it's not the watered-down salsa or grainy vegetable purée often served in the United States. This version has no bread and is a creamy orange-pink rather than a lipstick red. That is because a large quantity of olive oil is required for making delicious gazpacho, rather than take-it-or-leave it gazpacho. The emulsion of red tomato juice, palest green cucumber juice and golden olive oil produces the right color and a smooth, almost fluffy texture.

**I**ngredients

* About 2 pounds ripe red tomatoes, cored and roughly cut into chunks
* 1 Italian frying (cubanelle) pepper or another long, light green pepper, such as Anaheim, cored, seeded and roughly cut into chunks
* 1 cucumber, about 8 inches long, peeled and roughly cut into chunks
* 1 small mild onion (white or red), peeled and roughly cut into chunks
* 1 clove garlic
* 2 teaspoons sherry vinegar, more to taste
* Salt
* ½ cup extra-virgin olive oil, more to taste, plus more for drizzling

Preparation

* Combine tomatoes, pepper, cucumber, onion and garlic in a blender or, if using a hand blender, in a deep bowl. (If necessary, work in batches.) Blend at high speed until very smooth, at least 2 minutes, pausing occasionally to scrape down the sides with a rubber spatula.
* With the motor running, add the vinegar and 2 teaspoons salt. Slowly drizzle in the olive oil. The mixture will turn bright orange or dark pink and become smooth and emulsified, like a salad dressing. If it still seems watery, drizzle in more olive oil until texture is creamy.
* Strain the mixture through a strainer or a food mill, pushing all the liquid through with a spatula or the back of a ladle. Discard the solids. Transfer to a large pitcher (preferably glass) and chill until very cold, at least 6 hours or overnight.
* Before serving, adjust the seasonings with salt and vinegar. If soup is very thick, stir in a few tablespoons ice water. Serve in glasses, over ice if desired. A few drops of olive oil on top are a nice touch.

**Paella**

Straight from Spain, Culinary School

Serves 6 as a main meal

Paella is considered the national dish of Spain. There are thousands of variations. But most share two common ingredients - short grained rice ( ideally Bomba rice but Arborio is a good substitute) and saffron that were brought in by invading Moors over a thousand years ago. Add a flavorful stock, and cook it until it’s al dente ( it still has a little crunch).

The authentic Paella from Valencia was made with rabbit. My favorite version is Paella con Mariscos - Seafood Paella ( shrimp, mussels, clams, squid, scallops …). Other versions include pork, chicken and seafood combined.

Feel free to experiment and enjoy making this succulent dish. I will be breaking it down step by step for you so it will be easy to follow.

Paella ( with meats and seafood)

Serves 6 as a main dish

**Brown and fully cook in ¼ cup oil**

6 chicken thighs, salt and peppered

You can also use rabbit. Most Hyvee stores carry rabbit or you can order it from D’Artagnan meats.

**In same pan, Brown and remove,**

6 oz lean pork, cubed

½ ln chorizo or Polish sausage, sliced

**Saute until pink and remove**

12 ( 16-20 count) shrimp, deveined

**In clean paella pan, saute in ¼ cup extra virgin olive oil**

½ cup green bell pepper, finely diced

½ cup red bell pepper, finely diced

¾ cups scallions, chopped

5 garlic cloves, minced

**Add and saute**

2 fresh tomatoes, seeded and grated

**Stir in and fully coat**

2 cups short grained rice ( it is very important to use short grained rice. Arborio rice is available pretty much everywhere in town).

**Add, stir and bring to boil**

5 cups chicken stock, hot

½ t. Saffron threads, crushed ( Costco, Trader Joe’s)

**Reduce to simmer and add**

18 fresh green beans

12 mussels, cleaned and debearded

All browned meats and seafood

**Cover and let rest after adding**

½ cup green peas, fresh or frozen ( thawed)

**Garnish with**

½ cup red bell pepper strips

6 lemon wheels and lemon zest from 1 lemon.

**Tres Leches Cake**

Servings - 12

Adapted from Cuisine at Home

For the Plain cake

1. 1 cup all- purpose flour
2. 1 1/2 tsp baking powder
3. ¼ tsp salt
4. 5 whole eggs
5. 1 cup sugar, divided
6. 1 tsp Vanilla

Preheat oven to 350 degrees. Spray a 9 x 13 inch pan liberally until coated.

Combine flour, baking powder, and salt in a large bowl. Separate eggs.

Beat egg yolks with 3/4 cup sugar on high speed until yolks are pale yellow. Stir in milk and vanilla. Pour egg yolk mixture over the flour mixture and stir very gently until combined.

Beat egg whites on high speed until soft peaks form. With the mixer on, pour in remaining 1/4 cup sugar and beat until egg whites are stiff but not dry.

Fold egg white mixture into the batter very gently until just combined. Pour into prepared pan and spread to even out the surface.

Bake for 35 to 45 minutes or until a toothpick comes out clean. Turn cake out onto a rimmed platter and allow to cool.

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#### **Tres Leches sauce**

Makes 2 cups

#### Combine:

#### 1 Can sweetened condensed milk (14 oz.)

#### 1 Can evaporated milk (12 oz)

#### ½ cup heavy cream

#### ½ cup dark rum

#### Combine condensed milk, evaporated milk, cream, and rum in a large saucepan over medium heat, stirring constantly to prevent scorching. Bring mixture to a simmer, reduce heat to low, and continue simmering and stirring until reduced to about 2 cups, 20-25 minutes.

#### Transfer sauce to heat proof container and cool to room temperature. Once completely cooled, poke holes in the cake with a fork. Drizzle the sauce generously over the cake so it gets soaked with the 3 milks mixture. Reserve left over and pour over the cake when serving.

#### This sauce can be refrigerated up to 2 weeks . Bring it room temperature before serving.

For the Icing

1. 1 cup freshly whipped heavy cream
2. 1 tsp sugar ( If desired)
3. Maraschino cherries (optional)

Whip the heavy whipping cream and add sugar if desired. I tend to omit the sugar in the cream since the cake is already sweetened enough.

Cover the cake with the freshly whipped cream. Add Maraschino cherries on top (this is optional).

¡Buen Provecho!

This menu was put together, tried and tested by Michelle Warrington.

A note from me, your menu writer: There are many recipes on this menu. These are meant to be appetizer sizes. Feel free to tweak the amounts according to your group. Also, this is a guideline of what to cook for this particular evening. You can cook as many or as little tapas as you please. You can cook the whole menu and serve it as tapas or you can choose to cook two tapas, Gazpacho and Paella as a main dish. It is totally up to your group how you want to present this. All the recipes are very tasty so feel free to try them for your families as well. Have fun and enjoy!

¡Salud!