Ceip Gloria Fuertes
Recipe Book
always sprinkle a lot of love

STARTERS

SPINACH OMELLETTE

☑ **Starter**

Ingredients

Spinach
Potatoes
Onion
Oil
Salt
Soy

Method

1 We cut the potatoes
2 We put them into the frying pan with oil
3 Then we add the small cuts of onion along with the potatoes
4 Once they are done, we take out the potatoes along with the onion and add them to the beating egg
5 In the pan we fry the spinach, them we add a little soy, and we add it to the potato and onion mixture
6 Mix everything together, well with the egg
7 We pour the entire mixture into the pan and make the omellette

HAM ANG MUSHROOMS CROQUETTES

✓ Starter
___ Main course
___ Dessert

Ingredients

- Peeled sweet potato (600 g)
- Iberian ham in strips (150 g)
- Chopped mushrooms (200 g)
- Mozzarella or similar cheese (200 g)
- M size eggs (4 und.)
- Flour
- Panko, breadcrumb flakes
- Sunflower oil
- Salt
- Ground black pepper

Method

ELABORATION:

1. Arrange the peeled, washed and chopped sweet potato in a Fagor pot. Season lightly and bring to a boil.

2. Keep cooking over medium heat until the sweet potato is tender, about 12 to 16 minutes.

3. Meanwhile, heat a Fagor cast aluminium pan and when hot, sauté the ham and mushrooms. Add salt and pepper to taste and set aside.

4. Once the sweet potatoes are cooked, drain well from the cooking water and without letting them cool down, add the previously reserved stir-fry and the mozzarella cheese.

5. Mix well until you get a dense and homogeneous cream. Leave to cool in the refrigerator.

6. Form the croquettes and coat them with flour, beaten egg and panko.

7. Heat plenty of sunflower oil in a pan. If you have a thermometer, wait until the oil has reached 175-180 °C.

8. Fry the croquettes until golden and crispy.

TOASTED TOMATOE, FIGS AND CHEESE SKEWER

✓Starter
__Main course
__Dessert

Ingredients

- 1 chapata bread
- 2 spoons of olive oil
- 8 small pear-tomatoes
- 4 fresh figs
- 1 garlic
- 1 packet of goat cheese
- Salt
- Black pepper
- Little sage leaves
- A Little bit of fresh oregano

Method

1st. Cut the bread into slides and toast them on a pan.
2nd. Cut the tomatoes into slides.
3rd. Chop the fresh figs, the garlic and the cheese. Pour them on the toasted bread following this order: tomatoe, figs, garlic and cheese on the top.
4th. Pour a little bit of oil, salt and black pepper on them.
5th. Decorate the toast with the sage leaves and the oregano, too.

Baheya

STUFFED MUSHROOMS

----Starter

Ingredients

- Mushrooms
- 50g of the filling of your choice
- 150g of cream cheese
- Grated cheese
- Olive oil,salt,pepper,garlic to taste.

Method

- Wash and remove the stem from the mushrooms. Cook the mushrooms in a pan with olive oil. When they are golden, remove and set aside.
- Cut the mushroom stem into small pieces and put them in the pan. When they are done, add the filling and cook a little. Turn off the heat and add the cream cheese. Mix until it melts with the heat of the pan.
- We fill the mushrooms, put grated cheese on top and put them in the oven until the cheese turns golden.

Zucchini Skewer

Pincho de calabacin

X **Starter**
___ **Main course**
_ **Dessert**

Ingredients

Zucchini larger than small
4 slices of cheese
1 egg
4 slices of York Ham
A tablespoon of wheat flour
4 tablespoons of olive oil

Method

1 Wash and cut the zucchini
2Place the zucchini slices on absorbent paper
3 cut the Ham and the cheese
4 on each sheet of zucchini Place several strips of ham and cheese
5 roll the zucchini sheets
6 put the flour on a plate and beat the egg in another
7 Dip each zucchini roll in the flour and then in the egg
8 heat the oil in a frying pan .then assemble the Skewer.

Patatas a la riojana
Riojan potatoes

■**Starter**
___ **Main course**
___ **Dessert**

Ingredients

-potatoes for cooking 2kg
-riojan chorizo
-2 onions large
-3 bay leaves
-50ml uf extra virgin olive oíl
-1 Pepper tip
-4 choicero Pepper
-salt

Method

- In oil in a frying-pan , brown the finely –chopped onion and garlic .
- In a separate pan gently fry the slice chorizo and the potatoes (Peeled Washed and cut in pieces.
- Add the flesh of the Pepper and the bay leaf to the potatoes and coverr with the water or stock .
- Cook until soft

Scrambled eggs with Mushrooms

✓ Starter
___ Main course
___ Dessert

Ingredients

- 2 eggs
- oil
- garlic
- chanterelles

Method

- 1 clean the chanterelles and cut
- 2 peal and chop the garlics
- 3 heat the cooker and add the garlic and the chanterelles in the friying pan
- 4 add the eggs in the friying pan

POTATOES WITH NISCALOS

☑ Starter

Ingredients

-3 medium potatoes
-200g of níscalos
-1 garlic clove
-1/2 onion
-2 tables poons olive oil
-Salt to taste
-1 teaspoon sweet -paprika
-500ml water or vegetable broth

Method

- Peel and cut the potatoes into small chunks. Wash and clean the níscalos
- Then cut them into medium pieces chop the garlic and onion Heat olive oil and large pot. Suate the garlic and onion until golden 2-3 minutes
- Add the nicalos and stir . Cook for 5 minutes on medium heat. Mix the potatoes with the mushroom using paprika spriinkle It now and stir quicly.
- Pour in water or broth to cover the potatoes.. Add a pinch of salt Cook on medium Heat for 25 minutes, until the potatoes are tender.
- Let it rest for a few minutes, then serve warm.

Main
COURSES

CHICKPEAS HAMBURGER

__Starter
☑Main course
__Dessert

Ingredients

- Olive oil
- 2 carrots
-Salt and pepper
- 400 grams of cooked chickpeas
- half a tablespoon of turmeric and paprika
-3 springs of parsley
-3 springs of chives
-60 grams of mozzarella cheese
-1 egg
-Salt
- 1 clove of garlic
- 1 onion
- Half zucchini

Method

1 Add a little oil in the pan and chop the clove of garlic, the two carrots, one onion and half zucchini. Add in the pan and cook it.

2. Mix the vegetables well and then crush the cooked chickpeas.

3. Mix everything and add a tablespoon of turmeric and another of paprika, three springs of parsley and another of chives and also with 60 grams of mozzarella cheese, 1 egg, salt and mix everything.

4. Keep it in the fridge for 2 hours.

5. After the two hours, pour a little of oil on your hands.

6. Make the shape of the hamburger and then, put them in the oven for 25 minutes at 220° C-428° F.

BAKED HAM AND CHEESE STUFFED MUSHROOMS

___ Starter
☑ Main course
___ Dessert

Ingredients

- MUSHROOMS
- ½ ONION
- 100 gr. SERRANO HAM
- 400 ml. TOMATO SAUCE
- 100 ml. WHITE WINE
- 150 gr. OF CHEESE
- OREGANO
- OLIVE OIL AND SALT

Method

- We preheat the oven to 180 degrees.
- We clean the mushrooms and cut the stem.
- We chop the onion finely and cut the ham into small pieces .
- In a fryng pan , heat the olive oíl and add the onion, mushrooms stems and salt.
- After 2 minutes we add the white wine and cook for 10'
- Add the ham and cook for 2 more minutes.
- We fill the tomato , oregano and cheese to melt.
- We put in the oven for 20 minutes , take it out and its ready to serve!.

Potatoes cantharellus

____ Starter
☑ Main course
____ Dessert

Ingredients

- Cantharelus Carrots
- Potatoes
- Garlic
- Meat broth
- Chilli
- Tomato sauce
- Oil
- Onion and leek

Method

- First the potatoes are cut and added to the casserole together with oíl, carrots, onion and leek,cook for 3 minutes.
- Then the meat broth is added and left to cook.
- Meanwhile the mushrooms Cantharelus are made.
- Next add the mushrooms and wait for the water to cosume.
- When the mushrooms have consumed all, their water it's already cooked.
- They are added to the casserole of potatoes that we have cooked . Once added in 5 minutes we have the good ready.

Potatoes with mushrooms

___ Starter
☑ Main course
___ Dessert

Ingredients

-250 grams of mushrooms
-3 potatoes
-1/2 glass of white wine
-1 chive
-2 cloves of galic
-1 teaspoon sweet paprica
-2 teaspoons chorizo pepper
-2 baby leaves
-Olive oil
-salt
-choped fresh parseley
-water

Method

1. First chop the spring onion
2. Peel the garlic cloves and chop them finely as well.
3. Peel and mash the potatoes, breaking them into irregular pieces with a knife. This will release the starch and give the sauce a thicker, more flavorful texture.
4. Clean the chanterelles well with a paper napkin or damp cloth, remove the stems and cut them into 4 pieces.
5. Now put a saucepan on the heat and add a splash of olive oil.
6. Add the spring onion, garlic and a pinch of salt.
7. Stir and let it sauté for a couple of minutes.

BOLETUS RISOTTO

☑ Main course

Ingredients

. Arborio or carnaroli rice: 300g
. Dried boletus: 100g
. Water to hydrate the boletus
or vegetable broth: 1.5l
. Butter : 75g
. Parmesan cheese : 75g
. Onion : 100g
. White wine : 50ml.

Method

- Chop the onion into brunoise and soak the dried boletus. Cut them into medium pieces.
- Sauté the onion over médium heat and when it is transparent, add the rehydrated and drained boletus, saving the water from hydrating them.
- Sauté lightly and add the rice and wine, stirping until the liquid.
- Put the water from rehydrating the mushrooms and the vegetable broth to boil in a separate saucepan.
- When the wine has evaporated, add the broth ladle.
- You have to add and stir during 18 minutes of cooking.
- Add the butter and parmesan to our boletus risotto, stirring vigorously for one or 2 minutes until the flavours are integrated and the risotto has a creamy texture.

Eggplants stuffed with meat
Berenjena rellena de carne

♡ **Main course**

Ingredients

2 eggplants
1 Onion
1 Garlic glove
minced Meat
Ham clubes
tomato Sauce
gravedad Cheese
Olive Oil
salt

Method

Cut the eggplants in halves and we Cook 30 minutes at 200 degrees
Fry the onion and the garlic and then we add the minced Meat and the ham cubes
Add the White wine and Cook 2 minutes
Incorporate the tomato Sauce
Take the eggplants out of the oven and the pulp with a spoon
Add the pulp to minced meat and cook 3 minutes
Stuff the eggplants and cover with grated cheese put in the oven until the cheese turns brown.

Chicken thigh with vegetables

___ Starter
☑ Main course
___ Dessert

Ingredients

-1 Onion
-2 5 Potatoes
-3 1 box of chicken wins
-4 Soup of chicken

Method

1-pill the potatoes
2-cut the potatoes in a Baker Shape
3- pill the onion
4-put soup chicken
5-put the onion and the potatoes on a tray
6-put the chicke soup on a bailar
7-put in the oven 180 digrasses
8- put the chicken Wins in the tray
9-to the oven
10- eat...

PASTA AND GRASS PEAS

__Starter
☑Main course
__Dessert

Ingredients

- 120 g grass peas, dried
- 180 g pasta (short, in this types
- of recipes)
- 3-4 tomatoes
- 1 or 2 anchovies (salt-packed is the best choice,
- otherwise also the ones in olive oil are fine)
- half onion, or a shallot
- 1 clove of garlic
- 1 bay leaf
- extra virgin olive oil
- fresh parsley
- freshly grated Pecorino cheese (or Parmigiano Reggiano if you prefer)
- freshly grated black pepper
- salt

Method

1.First of all put the grass peas in a bowl with cold water, and let it soak for at least 8 hours.

2.After this time throw away the soaking water and put the grass peas in a pot with about 1 liter of cold water, the clove of garlic and the bay leaf, and start to boil. When the water starts to boil, count about 40 minutes (but is some cases it could take longer, read the package). Season with salt just after the first 30 minutes.

3.After 20 minutes that the grass peas are boiling, take another pot and heat a generous amount of extra virgin olive oil, then add the onion cut very small and the anchovies, and let it simmer until the onion is soft. Then add the tomatoes cut in pieces (but remove the seeds before), add a ladle of boiling water from the grass peas and let it simmer some minutes.

4.Drain the grass peas (remove the garlic and the bay leaf but keep their boiling water) and add them to the tomatoes. Mix well together, add the pasta and cover with some of the water in which you have boiled the grass peas (just enough to cover the pasta). Set the heat on medium/high and keep stirring until the pasta is cooked. If needed add some water.

5.When the pasta is cooked switch off the heat, add some freshly chopped parsley and freshly grated Pecorino cheese at you taste, mix all together.

6.Serve it with a drizzle of extra virgin olive oil.

GREEN BEANS WITH HAM POTATOES AND CARROTS

__Starter
☑Main course
__Dessert

Ingredients

- 500 grams of fresh beans
- 1 potato
- 2 carrots
- 2 doves of garlic
- 200 grams of ham in tacos
- Olive oil
- Salt

Method

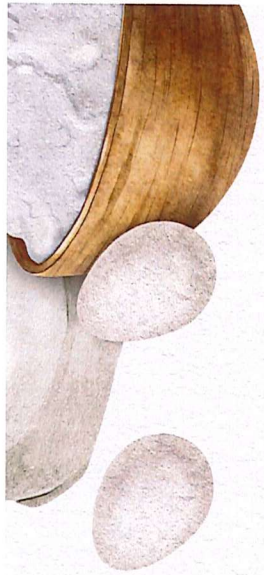
1 Clean the beans well. Remove the stems and divide them into equal pieces. Peel the potato and the carrots.

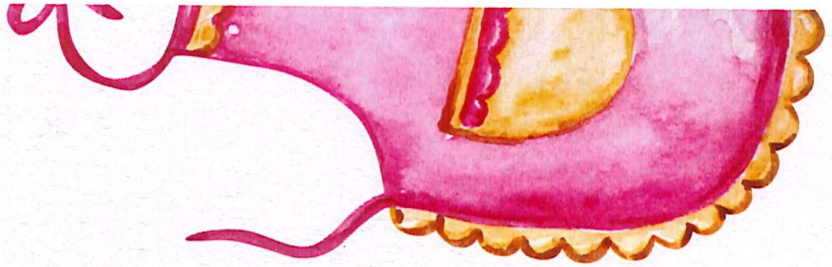
2 Cook them in a pot with water and salt for twenty-five minutes. When they are cooked, remove and reserve.

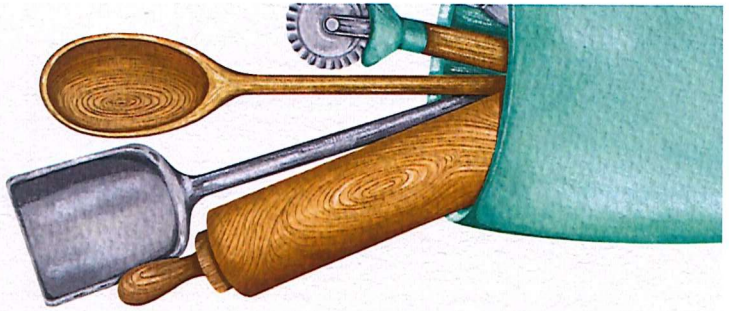
3 In a frying pan, brown the chopped garlic cloves and add the ham. Salt them for a few minutes.

4 Next, we add the vegetables and salt everything together for five minutes.

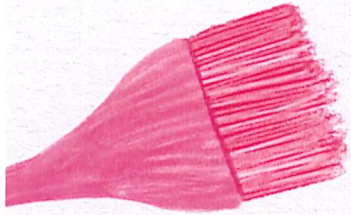
AND READY TO SERVE!!

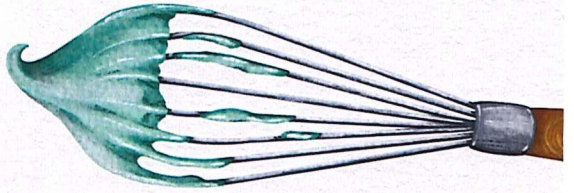


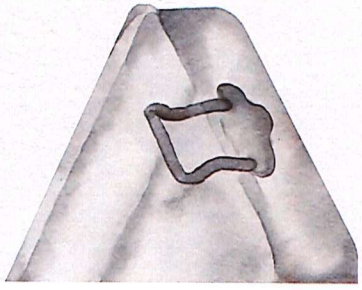




Desserts







Buñuelos de calabaza – Pumpkin fritters

___ Starter
___ Main course
___ Dessert

Ingredients

250 g pumpkin baked or cooked in puree
200 g wheat flour
2 eggs
50g sugar
10 g baking powder or baking powder
Zest of half an orange
½ teaspoon ground cinnamon
Salt
Oil for frying
Sugar for coating

Method

1. Put the eggs, a pinch of salt, the sugar, the orange zest and the pumpkin puree in a bowl. Beat with the mixer and add the flour with the baking powder and cinnamon through a sieve. Continue mixing until you get a homogeneous mass without lumps.

2. With the help of 2 spoons place portions of dough into a pan with hot oil. Don't worry by the balls' shape. When they are golden brown, remove then to a plate with absorbent paper. It is very common some balls to explode.

3. Put sugar in a bowl. When the fritters are still hot, roll them in sugar so that it sticks to them. Use the amount of sugar that you preffer.

FRUIT MILKSHAKE

__Starter
__Main course
✓Dessert

Ingredients

- Watermelon
- Grapes
- Strawberries
- Blackberries
- Water

Method

1st. Wash the fruit very well.
2nd. Cut the watermelon into two parts.
3rd. Let one of half of watermelon empty.
4th. Mix all the fruit –included watermelon- with the mixer.
5th. Pour the mixture inside the watermelon.
6th. Use the other half of watermelon to do some holes and put it on the top using some straws to drink it.

APPLE CAKE

__Starter
__Main course
✓Dessert

Ingredients

- 5 apples
- 180 ml of milk
- 2 eggs
- 1 lemon zest
- 180 g of flour
- 100 g of sugar
- 1 spoon of yeast poder
- 30 g of apricot jam

Method

1st. Peel and chop 3 apples. Forget the other 2 apples.
2nd. Pour the mil, the eggs, the flour, the sugar, the yeast poder, the lemon zest and the peeled apples in a bowl.
3rd. Use the mixter to mix everything.
4th. Cut 2 apples in slides and put them on the dough that you are going to extend on a tray.
5th. Cook in the oven 30 min. At 180 degrees.
6th. Add some apricot jam on the cake.
Ready!

RYE FLOUR M&M's BISCUITS

__Starter
__Main course
☑ Dessert

Ingredients

- 125 grams of butter
- 75 grams of brown sugar
- 75 grams of white sugar
- 1 egg
- 2 teaspoons vanilla essence
- 140 grams of rye flour
- 1/2 teaspoon of salt
- 1/2 teaspoon of baking soda
- 200 grams M&Ms with peanuts

Method

1. Take the butter out the fridge the night before, because you will need the butter soft.
2. You need two bowls. In one of them, mix the two sugars with the butter. In another bowl, mix the dry ingredients (flour, bicarbonate and salt).
3. Mix the sugars with the butter. Add the egg and vanilla essence...
4. ... and beat again for one more minute, so that, everything will be integrated.
5. Add the dry ingredients (flour, bicarbonate and salt) and mix them with a spatula.
6. When we no longer see traces of flour in the mixture we mix well again with the spatula. They are distributed throughout the dough.
7. Next we will distribute balls of dough on the baking tray. I make them with a small ice cream scoop because in that way it is more comfortable, but you can make them with two spoons, they do not have to be a perfect sphere! Each cookie is more or less a spoonful of dough.
8. Distribute the balls of dough on the tray, separated, so that they do not join together when baking. Be careful don't put too many M&Ms in the first balls.
9. Put them in the oven, preheated to 190° C, for approximately 10 minutes! Or until they look golden brown 😊
10. Finally, transfer them to a rack to cool completely and enjoy them!

PEARS' CAKE

__Starter
__Main course
✓Dessert

Ingredients

- Olive oil
- 5 conference pears
- 1 glass of wheat flour
- 1 glass of sugar
- 1 lemon
- 3 eggs
- Powder cinamon
- Apricot jam

Method

1st. Wash, peel and chop 4 pears.
2nd. Pour inside a bowl the milk and sugar.
3rd. Add the eggs and some salt, powder cinamon and pears.
4th. Add the wheat flour, too.
5th. Mix everything until you have an homogeneus mixture.
6th. Paint a special recipient for the oven with olive oil.
7th. Pour the mixture in the oven.
8th. Cut 1 pear in slides and put it on the mixture.
9th. Leave in the oven 45 min. 180 degrees.
10th. Decorate the cake with apricot jam.
Enjoy it!

STRAWBERRIES CAKE

__Starter
__Main course
✓Dessert

Ingredients

- Strawberries
- Cream
- Sugar
- A cake

Method

1st. Buy a cake.
2nd. Cut the strawberries in slides.
3rd. Mix the strawberries with cream.
4th. Cut the cake in two halfs.
5th. Pour the mixture on the cakes.

PLUMS AND NUTS CAKE

__Starter
__Main course
✓Dessert

Ingredients

- 1 package of yeast powder
- 3 eggs
- 1 lemon yogurt
- 3 measures of yogurt with flour
- 1 measure of yogurt with oil
- 1 measure of yogurt with sugar
- 100 g of nuts
- Plum jam

Method

1st. Mix the eggs, the sugar and the yogurt with the mixer.
2nd. Sieve the flour and the yeast powder.
3rd. Pour the flour and yeast power with the eggs, the sugar and the yogurt.
4th. Preheat the oven at 200 degrees.
5th. Paint a big bowl with butter.
6th. Pour the mixture in the bowl and put it inside the oven in the second height. Add some nuts on the mixture.
7th. Let the cake inside the oven half an hour at 180 degrees
8th. When it's ready, open the cake to add a little bit of plum jam in the middle.

OAT MEAL COOKIES

__Starter
__Main course
☑_Dessert

Ingredients

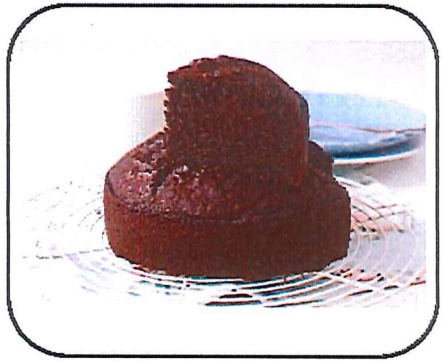
- 3 bananas
- 1 heated in the microwave apple
- 2 cups of oat meal
- 1 cup of raisins

Method

Chop the bananas and the heated apples and mix the ingredients less the raisins until we have an homogeneous pastry.

Add the raisins.

You make golf balls size, we mash the balls and we put them in the oven for 22 minutes by up and down 180 degrees



CHOCOLATE CAKE

__Starter
__Main course
☑ Dessert

Ingredients

- 3 eggs M
- 200 g white sugar
- 120 g sunflower oil
- 160 g whole milk
- 180 g wheat flour
- 50 g unsweetened cocoa powder
- 2 teaspoons baking powder (Royal type)
- 1 pinch of salt
- 100 g hot water

Method

Beat the eggs and sugar until they double in volume.

We add the oil

We add the milk

We sift the flour, cocoa, baking powder and salt

We integrate the flour with enveloping movements

We add the hot water

We preheat the oven to 180 °C, heat up and down. We grease and line the mold. Pour the mixture and bake for 50 minutes.

Let it cool for 15 minutes and unmold