

FAVOURITE GREEK AND SPANISH **RECIPES WITH A TWIST**

KOFTAS WITH A WARM RED PEPPER SALAD

SERVES 4

1 tablespoon olive oil
1 red onion chopped
1 teaspoon cayenne pepper
1 teaspoon ground cinnamon
2 teaspoons ground coriander
3 tablespoons fresh breadcrumbs
450g (1lb) lean lamb mince

for the salad:

1 tablespoon olive oil
3 large red peppers, halved, deseeded and each half cut lengthways into four
100g (3 1/2oz) rocket leaves
Fresh mint

salt & freshly ground black pepper

1. Preheat the oven to gas mark 6/200C/400F.
2. For the salad, place the pepper pieces on a roasting tray and drizzle with 1 tablespoon olive oil. Roast in the oven for 35-40 minutes until softened and lightly charred.
3. Meanwhile, in a pan heat 1 tablespoon olive oil. Add the onion and cook for 5-6 minutes until softened. Add the spices and cook for a further minute. Transfer to large bowl and allow to cool for 5 minutes.
4. Add the minced lamb, breadcrumbs and parsley and season.
5. Preheat the grill or heat a griddle pan to a medium-high setting
6. Divide the mixture into 8 pieces and form each into a thick sausage shape. Push the sharp end of a skewer through the length of each sausage and transfer to a baking tray or grill pan.
7. Grill or griddle the koftas for approx. 6 minutes, turning halfway through cooking until cooked and golden.
8. To serve, toss the roasted peppers with the rocket leaves and divide between four large serving plates. Top each with two koftas on their skewers in a criss-cross fashion and finish with a dollop of thick Greek yoghurt and mint.

BEAN RAGOUT WITH HONEY BAKED FILO (see below)

Serves 4

Nut of butter

1tbsp sunflower or olive oil

3 coxes apples, peeled quartered, cored and roughly chopped.

2 red onions finely chopped.

1 x 400g canned cannellini beans, drained, rinsed.

200mls white wine

200ml chicken or vegetable stock

2tsp Dijon mustard

4tbsp thick double cream

2tbsp chopped sage & parsley.

Method

Heat the pan with the butter and oil add the apple, onion and cook for 5 minutes over a medium heat!

Add the beans, wine, and stock. (Add extra stock if no wine) Bring to the boil and reduce by half. Stir in the mustard, cream, and herbs. Season to taste.

Spoon the cassoulet into 4 warm serving dishes and serve.

FETA IN FILO WITH HONEY AND THYME DRESSING

Serves 4

2 packets feta cheese, drained

Freshly ground black pepper

2 sheets filo pastry

55g melted butter.

1tbsp chopped thyme. 2tbsp of honey

Lay out the sheets of feta and brush with butter. Place one block of feta onto each sheet and wrap the cheese.

Bake the cheese parcels on a baking tray lined with parchment at 200C for approx. 10 minutes or until very golden.

Meanwhile gently heat the honey and thyme together and season. Spoon over the crispy feta serve at once.

SAFFRON POTATO TORTILLA

SERVES 4

1 teaspoon saffron strands
2 tablespoons olive oil
1 large onion, finely sliced
450g (1lb) potatoes, peeled & finely sliced
6 eggs
freshly ground black pepper
rock salt

1. Place the saffron strands in a bowl and cover with 2 tablespoons boiling water. Set to one side.
2. In a non-stick frying pan, heat 1 tablespoon oil. Add the onion and gently fry until golden and soft. Add the potatoes, cover with a lid, and cook until the potatoes are very soft.
3. In a large bowl, beat the eggs and mix in the saffron. Add the cooked potatoes and onions to the eggs and season with black pepper.
4. In the frying pan, heat the remaining tablespoon of olive oil. Pour the potato and egg mixture into the hot frying pan and, while gently shaking the pan, cook for 2 minutes until the tortilla is just set.
5. Invert a large baking sheet over the pan and quickly turn out the tortilla. Then gently slide back into the pan and cook for a further 30 seconds to 1 minute on the other side.
6. To serve, turn out immediately onto a serving dish and sprinkle with rock salt. Serve warm or cold, cut into wedges.

PAN FRIED PRAWNS WITH CHORIZO

SERVES 4

2 tablespoons olive oil
2 tablespoons dry sherry
225g (8oz) raw tiger prawns, peeled & de-veined
55g (2oz) chorizo sausage, diced
225g baby plum tomatoes halved
salt & freshly ground black pepper
Splash balsamic

1. Toss the raw prawns with the olive oil and 1 tablespoon sherry. Season with black pepper and set to one side for 20 minutes.
2. Heat a non-stick frying pan. Add the chorizo sausage and fry over a high heat for 1 minute. Remove with a slotted spoon and set to one side. Add the prawns to the pan with their marinade and fry for 1-2 minutes until pink and cooked, spoon onto the reserved chorizo. Add the tomatoes to the pan and remaining sherry and simmer for 2 minutes.
3. Stir in the reserved chorizo and prawns, add the balsamic and serve at once with some crusty bread or potato tortilla.

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Serves 6

2 cloves black garlic, crushed
6 tablespoons mayonnaise
salt and pepper
Lemon juice to taste

Put all the ingredients in a bowl, season well and stir together.

CATALAN PUDDING

These light egg custards are scented with orange zest and are really popular in Catalonia. Often made in small, shallow, earthenware dishes and caramelised on top. Our version is served family style and with a side of oranges in caramel.
Makes 4 small individual or 1 larger

75ml double cream
75ml milk
Zest of ½ orange
50g caster sugar
3 eggs
2 tsp vanilla extract
4tbsp caster sugar for glazing

Method

1. Preheat the oven to 140C fan assisted.
2. Put the cream, milk and orange zest in a pan and heat to almost boiling. Place in a bowl to cool.
3. Put the sugar, eggs and vanilla in a bowl and whisk until well blended.
4. Stir in the cream mixture.
5. Pour the custard mixture into 4 x 80ml heatproof dishes or 1 large. Place the dishes in a roasting tin and add enough boiling water to come halfway up the sides of the dishes.
6. Carefully place in the oven and bake for 20 minutes or until gently set and still wobbly. Remove dishes from tin.
7. Sprinkle sugar evenly over the custards and glaze with a blowtorch or under a very hot grill until a layer of caramel forms on top. Serve at room temperature.