



Easy
SPANISH
COOKING

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Foreword

It has been some years since the release of my first book EASY SPANISH COOKING. Since then, friends, acquaintances and readers of the book have been asking for more Spanish recipes they can cook at home. I am happy to note that I received many good words about the recipes and the delicious repasts that came out of them.

Hence I went over my notebooks to gather more easy to cook recipes that my extended family would regularly request. The recipes here may seem like the ones in the first book. Spanish cooking, after all, relies on traditional cooking methods like braising, stewing and frying. The difference will be in the ingredients and spices used so new flavors and aromas are achieved. Also, I have included cooking tips that I have learned from my mother-in-law who is a superb traditional home-cooking expert and my own tips that I have improvised through my years of preparing the dishes. I understand that many home makers are multi taskers and look forward to whipping up delicious meals in less than an hour!

This second cookbook marks another milestone of ESPA-FIL, the company my husband and I started. Our company is privileged to work with the best producers and manufacturers of ingredients essential to Spanish cooking like olives and olive oils, canned tomatoes and tomato sauces like MOLINERA.

Nowadays I notice that recipes abound on the Internet but few include tips on how to best cook the dishes. Many of the recipes look visually appealing and even I have tried them. To my dismay, not all taste as good as they look. I have decided to share the recipes and lovely photos of the dishes on our website so many more home makers and budding cooks can try them out. The recipes I have selected here have been tried and tested so many times by myself and the various cooks who have worked in the kitchen with me.

Introduction

Through my many hours of cooking and experimenting on dishes and meals, I firmly believe that the best meals are those that are simple but **USE THE BEST INGREDIENTS**. No matter how experienced a cook you are, if the ingredients are not of good quality, the dish will not turn out well. A recipe is only as good as the ingredients one uses in it. Many chefs and cooks agree with me on this.

In *EASY SPANISH COOKING 2*, I made it a point to give tips on choosing the best ingredients and whenever possible, what substitutes are best for some ingredients.

What is new in this cookbook is that the recipes are grouped in special **MENUS** with suggested wine pairings to create the ambience of a Spanish meal. Nowadays, it is also important to consider the whole course of a meal: starters, soups, entrees and desserts so that the unique flavors of each dish complement each other. For example, a spicy and saucy main course may be paired with a light salad and a simple fruit for dessert. If you are planning a heavy creamy dessert to cap your meal, prepare a poultry or seafood dish with lots of vegetables as your entrée.

In Spanish meals, wines have equal importance. Although, we Filipinos don't serve wines with our daily meals, it is good to know which wines will complement certain dishes so one can order the "right" wine in a restaurant or when you need to offer wines for special dinners at your home.

All the recipes here are measured for four servings. If you are preparing a meal for more people, you can add the ingredients by adding $\frac{1}{4}$ or .25 to the measurements for each additional person you will be feeding.

You can cook another dish that will complement the dishes in the meal. You can start your meal with Tapas or side dishes that can complement your entrée. Spanish meals have a lot of side dishes because the Spanish are happy with tasting portions of the dishes served.



EVERYTHING BEGINS WITH OLIVE OIL

Every homemaker can cook delicious Spanish dishes. With adequate cooking skills, clearly –written recipes and the right ingredients, anyone can whip up traditional dishes like cocido, tortilla de patatas and paella in the comfort of one’s home. For the busy cook, there are simple recipes like ensaladas, sopas and tapas that are quick to prepare but very filling.

Olive oil or aceite de oliva is a MUST in Spanish cooking. Aceite, meaning the juice of the olive, is Spanish for oil. Spain, Italy and Greece produce 75% of the olive oil used all over the world. Spain may be the biggest producer but Italy is the largest exporter. Italy imports olive oil from its neighbors, repacks and rebrands these as Italian Olive Oil, and exports to many countries in America and Asia. The Italians introduced olive oil through the conquests of the Roman Empire

Olive oil is simply the oil extracted from crushed olives. The olive tree is among the oldest known cultivated trees in the world. They are native to the Mediterranean Basin with the wild olive tree said to have originated from ancient Greece. They say that the first recorded oil extraction is mentioned in the Hebrew Bible and was said to have taken place during the Hebrew exodus from Egypt in the 13th century. The Roman Empire brought the olive to other areas of the world and introduced it to other cultures and cuisines. It was used for cooking, for anointing in baptismal and other religious rites, and as a health tonic.

The olive fruit can be harvested in two ways – through a slower method of hand picking or through the popular method called vareo, which is beating the branches of the tree with long rods to make the berries fall. Ripe olives are black and have the highest oil content, from 20 to 30% of the fresh fruit’s total weight. The green olives are the unripe olives. After harvest, the fruits are washed then crushed. The olive mass is then pressed to squeeze out the oil.



TYPES OF OLIVE OIL



EXTRA VIRGIN OLIVE OIL (EVOO)

is a completely natural product that is obtained directly from the fruit of the olive tree. To extract EVOO, the olives are crushed and pressed without the use of heat or chemicals. This way, all the properties of the fruit are preserved and the health benefits remain intact. This oil is unrefined and is the highest grade available because it has the best flavor, odor, and right amount of acidity amongst all kinds of olive oil. Since it is the purest form, it is the most expensive olive oil.

Spain produces more extra virgin olive oil than any other country. Spanish olive oil is also regarded as having the best quality.

VIRGIN OLIVE OIL

is processed like extra virgin oil but its olives may not be of the highest quality. It has a higher acidity level than extra virgin olive oil and also has good taste.

PURE OLIVE OIL

is refined olive oil. It is chemically treated to neutralize the strong taste (characterized as defects) and acid content

(characterized as amino acids) of olive oil. It is usually a blend of refined olive oil and virgin olive oil.

POMACE OLIVE OIL

comes from the third press of the olives. This oil is extracted by heat process from the residue of the olives. It does not have any olive oil taste or aroma as it is blended with a bit of virgin olive oil to have the flavor and aroma of olive oil. Pomace olive oil has a neutral flavor so it can be used even for frying and for Asian or American dishes. It has the same fat composition as regular olive oil and the same health benefits.

The International Olive Oil Council or IOC, is a regulatory board that controls the production of olive oil. The board is based in Madrid and has 23 member nations. IOC promotes olive oil by tracking production, defining and controlling quality standards, and checking authenticity. It is very much like the European regulatory boards for of wine and cheese. Thus, in buying olive oil, it is best that you choose those brands that are produced by IOC member countries.

COOKING WITH THE BEST EXTRA VIRGIN OLIVE OIL

Olive oil is good for a variety of cooking methods. It can be used for frying, baking, sautéing and marinating and not just for salad dressings or dips. Using olive oil for regular everyday dishes will make a difference in taste and aroma. Because of its anti-oxidant properties, it is very good for one's health. Here are some quick ideas for using the oil:

FOR FRIED EGGS

Simply use MOLINERA POMACE OLIVE OIL in frying eggs for breakfast or for the eggs in your Arroz a la Cubana. You will notice the difference in the taste of the fried eggs.

FOR FRIED FISH

Brown slices of garlic in MOLINERA PURE VIRGIN OLIVE OIL then set aside. In the same oil, fry a whole fish (like lapu-lapu, sole, maya-maya) that has previously been seasoned with salt and pepper. Fry both sides until golden brown. Transfer fish to a plate then top with the browned garlic slices.

FOR SALADS

Any salad dressing will have that special flavor and aroma with MOLINERA EXTRA VIRGIN OLIVE OIL. Just whisk the oil with any of the CAPRI WINE VINEGARS (red, white or balsamic) and season with some salt and pepper. You may add some tuna chunks, onion slices, tomato slices, and some green or black olives to your salad greens.

FOR BREAD DIPPING

Pour MOLINERA EXTRA VIRGIN OLIVE OIL in a dipping bowl then add a few drops of CAPRI BALSAMIC VINEGAR, a dash of salt and freshly ground black pepper. Serve with toasted slices of French bread or ciabatta.

To serve bread as part of a meal, rub the cut side of fresh tomato, on a slice of bread, then drizzle with MOLINERA EXTRA VIRGIN OLIVE OIL on top. Sprinkle bread with some salt. These slices make a very good side dish for a stew or a soup.

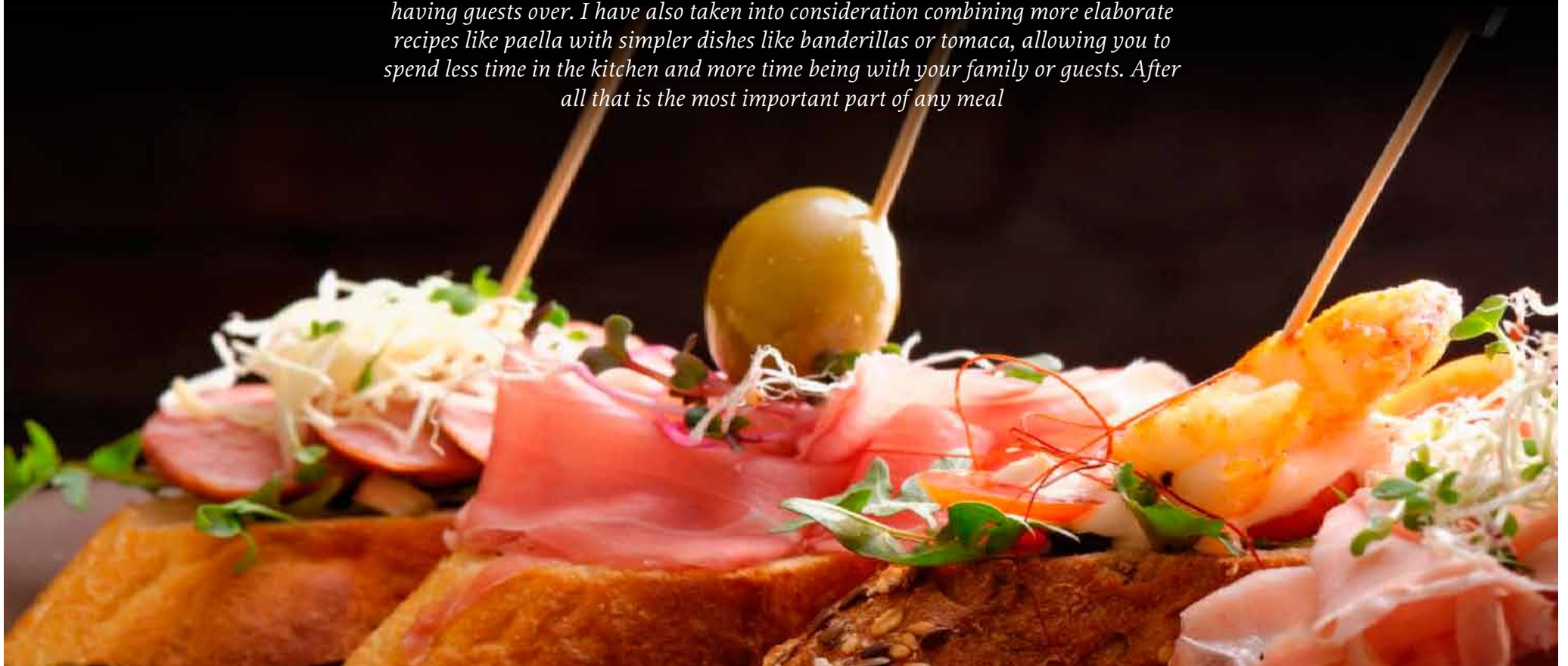


- THE SPANISH MENU -

A typical Spanish meal consists of several courses. The first course is the lighter part of the meal, usually consisting of a salad or soup while the second course is normally your heavier fish or meat dish. The best way to enjoy Spanish cooking is through this progression of dishes.

To help you prepare these simple Spanish recipes, I have organized them as daily menus. This will allow you to have a full 2 weeks worth of meals ready and planned.

I have paired dishes that work well together and have always been a favorite when having guests over. I have also taken into consideration combining more elaborate recipes like paella with simpler dishes like banderillas or tomaca, allowing you to spend less time in the kitchen and more time being with your family or guests. After all that is the most important part of any meal





Menu Week 01

Monday / *BREAKFAST*
Tomaca
Fresh Orange Juice

LUNCH
Tuna-Tomato Salad
Fabada

DINNER
Pasta Putanesca
Bacalao

TOMACA

INGREDIENTS:

1 long French bread sliced into
½ ” thickness or 3 pieces ciabatta
bread halved lengthwise

MOLINERA EXTRA
VIRGIN OLIVE OIL

2 Freshly grated ripe tomatoes
(Do not include skin)

PROCEDURE:

1. Toast bread slices.
2. Slice the tomatoes in half and grate the fleshy side of each half in the smallest holes of your grater. Discard the skin.
3. Spread freshly grated ripe tomatoes on the bread
4. Drizzle MOLINERA EXTRA VIRGIN OLIVE OIL on the tomatoes
5. Sprinkle some sea salt on top



TIP:

This is a very typical and healthy Spanish breakfast. It goes well with a glass of fresh orange or any sweet fruit juice.

Do not throw away the tomato skins. You can use them for sautéing other dishes. Store them in a sealed container in the freezer.

TOMATO-TUNA SALAD *(Ensalada de Tomate y Atun)*

INGREDIENTS:

½ kilo big, ripe salad tomatoes,
cut into 6 wedges each

1 whole white onion, sliced
thinly lengthwise

1 (200-g) can tuna chunks or tuna
solid, drained

1 (140-g) bottle MOLINERA
OLIVES STUFFED WITH
PIMIENTOS

½ cup MOLINERA EXTRA
VIRGIN OLIVE OIL

2 tablespoons MOLINERA
BALSAMI VINEGAR

Rock Salt

Pepper

PROCEDURE *(Serves 4 - 6):*

1. Peel the tomatoes and arrange in a salad platter.
2. Top with sliced onions, MOLINERA OLIVES STUFFED WITH PIMIENTOS, and tuna.
3. Drizzle generously with MOLINERA EXTRA VIRGIN OLIVE OIL and MOLINERA BALSAMIC VINEGAR. (A good proportion to use as guide is 4 parts oil to 1 part vinegar.)
4. Sprinkle with rock salt.



TIP:

If you are an anchovy lover, you can replace the tuna with canned anchovies or use a combination of tuna and anchovies.



FABADA

INGREDIENTS:

¼ cup bacon slab chopped

¼ cup Jamón Serrano chopped

½ cup chunks of chorizo
or chistorra

2 pcs. whole blood sausage
(*morcilla*)

1 head garlic, crushed

½ cup chopped onions

½ cup MOLINERA EXTRA
VIRGIN PURE OLIVE OIL

2 (400-g) cans MOLINERA
WHITE BEANS

PROCEDURE:

1. In a casserole, fry the garlic and onions in 1 MOLINERA EXTRA VIRGIN OLIVE OIL.
2. Add bacon, Jamón Serrano, chorizo or chistorra and *morcilla*. Simmer for 15 minutes.
3. Add in MOLINERA WHITE BEANS. Simmer for 5 minutes.
4. Before serving, take out the *morcilla* and cut in halves. Put back in the mixture.
5. Serve hot with slices of French bread.



TIP:

You do not need to buy the imported Spanish chorizos - though they are more flavorful. Locally made chorizos, morcilla, chistorra and jamon are now available in supermarkets. When using them for this dish, it is best to keep them whole or in chunks when boiling with the beans so the flavor is kept intact. Cut them up in bite-size pieces only when almost done and ready to serve.



PASTA PUTTANESCA

PASTA PUTTANESCA

INGREDIENTS:

¼ cup MOLINERA EXTRA VIRGIN OLIVE OIL (EVOO)	1 tsp. sage
6 cloves garlic, chopped	1 tsp. chopped parsley
½ cup chopped onions	1/2 tsp. pepper
1 can anchovies	2 tsp. salt
2 (400-g) cans MOLINERA DICED TOMATOES	1 tsp. sugar
1 (100-g) bottle MOLINERA CAPERS	2 tbsp. MOLINERA POMACE OLIVE OIL
1 (140-g) bottle MOLINERA PITTED GREEN OLIVES	1/2 kilo angel hair pasta
1 (140-g) bottle MOLINERA PITTED BLACK OLIVES	

PROCEDURE (Serves 4 - 6):

1. In a deep skillet, heat MOLINERA EXTRA VIRGIN OLIVE OIL then sauté garlic and onions. Add anchovies.
2. Add MOLINERA DICED TOMATOES, MOLINERA CAPERS, MOLINERA PITTED GREEN OLIVES and MOLINERA PITTED BLACK OLIVES. Mix well.
3. When mixture starts to simmer, add sage, parsley, pepper, salt and sugar.
4. In a pasta pot, boil pasta in salted water with MOLINERA POMACE OLIVE OIL. Cook until “al dente”. Drain.
5. Put the drained pasta in a large pasta bowl. Add in the cooked sauce and toss well to coat the pasta with the sauce. Sprinkle generously with grated Parmesan cheese.
6. Serve hot with garlic bread slices.



TIP:

This is a very easy recipe to make but it is important to use the right ingredients so it tastes like the real Puttanesca, so try not to substitute.

BACALAO

INGREDIENTS:

½ kilo dried salted bacalao

¼ kilo potatoes, cut in small cubes

1 large onion, chopped

8 cloves garlic, minced

1 (400-g) can MOLINERA
CRUSHED TOMATOES

1 tbsp. chopped parsley

½ cup MOLINERA PURE
OLIVE OIL

1 (200-g) can MOLINERA RED
PIMIENTOS, chopped

1 (400-g) can MOLINERA
NATURAL CHICK PEAS

PROCEDURE (Serves 6):

1. Soak the bacalao in water for at least 24 hours to remove the salt, changing the water 3-4 times. Remove from water and rinse well.
2. Place fish in a pan with water. Bring to a boil then lower heat and simmer until fish is cooked.
3. Remove fish from cooking liquid. Remove the skin and bones then cut into bite-size pieces. Set aside.
4. Boil the potatoes in salted water until tender. Drain and set aside.
5. In a large saucepan, sauté the onions and garlic in MOLINERA PURE OLIVE OIL. Add MOLINERA CRUSHED TOMATOES and parsley. Bring to a boil then lower heat and simmer until the sauce thickens, about 10 minutes.
6. Add the bacalao pieces, cooked potatoes and the MOLINERA CHICK PEAS. Stir then cover and simmer gently for 15 minutes. Season to taste.
7. For a more Spanish taste, you can add 1 tablespoon MOLINERA CAPERS and ¼ cup MOLINERA GREEN OLIVES just before serving.



TIP:

This dish is best enjoyed with slices of French bread and a glass of good red wine like Mayor de Castilla from Ribera del Duero.

Tuesday / *BREAKFAST*
Tortlla Española
(*Spanish Potato*
Omelette)

LUNCH
Anchovy – Lettuce Salad
Arroz a la Cubana

DINNER
Sopa de Ajo
Pollo Asado
(*Roasted Chicken*)

SPANISH POTATO OMELETTE *(Tortilla Española)*

INGREDIENTS:

½ kilo potatoes, peeled and sliced

1 cup chopped onions

1 cup MOLINERA EXTRA
VIRGIN OLIVE OIL (EVOO)

salt

6 eggs

PROCEDURE:



1. Heat MOLINERA EXTRA VIRGIN OLIVE OIL in medium heat. Deep fry the sliced potatoes and chopped onions in the virgin olive oil until soft. Add salt. When cooked strain the oil and set aside.
2. Beat the eggs in a big bowl. Add the cooked potatoes and onions in. Make sure all the potatoes and onions are soaked in the beaten egg. If necessary, add more eggs.
3. Heat a small nonstick pan (6" diameter) and lightly grease with MOLINERA EXTRA VIRGIN OLIVE OIL.
4. Pour the egg mixture into the hot pan and cook on medium heat until the bottom and edges are set.

SPANISH POTATO OMELETTE *(Tortilla Española)*

INGREDIENTS:

½ kilo potatoes, peeled and sliced

1 cup chopped onions

1 cup MOLINERA EXTRA VIRGIN OLIVE OIL (EVOO)

salt

6 eggs

PROCEDURE:



TIP:

Tortilla de patata is usually served as a tapa in Spain, but here in the Philippines it is often served for breakfast. The most tricky part of cooking this dish is turning over the top side to evenly cook both sides. Use a small skillet for cooking so you can easily turn it over.

5. Turn the omelette to cook the topside. Use a big plate to cover the skillet. Quickly turn over the omelette so that the top side is at the bottom of the pan. Do not over cook. Insert a toothpick at the center to check if the inside is done. The center of the omelette must be moist but not raw.

6. Insert a toothpick at the center to check if the inside is done. The center of the omelette must be moist but not raw.

To serve, cut into wedges.

ANCHOVY-LETTUCE SALAD *(Ensalada de Lechuga y Anchoa)*

INGREDIENTS:

½ kilo romaine lettuce,
torn to pieces

1 white onion, sliced thinly

1 (140-g) can
MOLINERA BLACK OLIVES

1 can whole anchovies

MOLINERA EXTRA VIRGIN
OLIVE OIL

CAPRI BALSAMIC VINEGAR

salt and pepper

PROCEDURE *(Serves 4-6):*

1. In a salad bowl, place the romaine lettuce.
2. Over the lettuce, arrange the sliced onions and MOLINERA BLACK OLIVES.
3. Top the salad with strips of anchovies.
4. Drizzle with MOLINERA EXTRA VIRGIN OLIVE OIL and CAPRI BALSAMIC VINEGAR.
5. Sprinkle with salt and pepper. Serve at once.



TIP:

You can use either black or green olives. But since you are using anchovies for this salad, and anchovies are already salty and strong in taste, it is better to use black olives which are milder in taste than the green olives. But either of the 2 will do. Green olives are unripe olives and have a stronger taste of the two varieties.

ARROZ A LA CUBANA

INGREDIENTS:

½ kilo ground beef (all lean)
½ cup chopped onions
3 cloves garlic, chopped
1 tbsp. sugar
1 (720-g) bottle MOLINERA TOMATO PUREE (PASATA)
¼ cup MOLINERA PURE OLIVE OIL
1 cup raisins
6 eggs
¼ cup MOLINERA POMACE OLIVE OIL
12 pcs. *saba* bananas, cut in halves

PROCEDURE (Serves 6):

1. In a skillet, heat MOLINERA PURE OLIVE OIL and sauté garlic and onions. Add the ground beef and cook until lightly browned. Season with salt and pepper.
2. Add MOLINERA TOMATO PUREE, raisins and sugar. Blend well. Season with more salt, if needed.
3. In a separate skillet, fry the eggs, one at a time, in MOLINERA POMACE OLIVE OIL. Set aside.
4. Fry the bananas in the same pan.
5. On a serving platter, put the ground beef mixture in the middle. Garnish with fried eggs on one side and fried bananas on the other. Serve rice separately.



TIP:

Who says you can't use olive oil for frying? Instead of using vegetable oils for sautéing, pan-frying or deep-frying, you can actually use olive oil. MOLINERA POMACE OLIVE OIL is comparable in price to vegetable oils and is healthier, too. Try using it for French fries, fried fish or stir-fries. You can actually use MOLINERA POMACE OLIVE OIL as your regular cooking oil at home.



GARLIC SOUP *(Sopa de Ajo)*

INGREDIENTS:

3 heads garlic, sliced

¼ cup MOLINERA EXTRA VIRGIN OLIVE OIL

½ kilo shrimps, peeled

salt and pepper

1 tsp. paprika (*pimenton*)

2 cups shrimp broth (from boiling heads and peels of shrimps)

3 eggs, beaten

2 cups water

2 cups bread croutons

1 cup grated mozzarella cheese

PROCEDURE *(Serves 4-5):*

1. In a casserole, cook sliced garlic in MOLINERA EXTRA VIRGIN OLIVE OIL until golden brown. Make sure you do not over fry the garlic. Just allow it to turn golden brown but not burned.
2. Add peeled shrimps and cook until they change color.
3. Season with some salt, pepper and paprika.
4. Pour in shrimp broth and let simmer.
5. Add the beaten eggs. Add more water, if needed.
6. Stir in croutons.
7. Ladle soup into bowls and top with grated mozzarella cheese. Cheese will melt because of the heat. So you must serve it hot.



TIP:

The heat of the soup will melt the grated mozzarella cheese on top creating a nice chewy top layer that blends very well with the garlic-flavored soup. So make sure to serve this piping hot.

ROASTED CHICKEN *(Pollo Asado)*

INGREDIENTS:

6 pcs. chicken quarters
(preferably thighs)

salt and pepper

6 potatoes, cut in thick slices

10 cloves garlic, sliced

1 lemon, sliced

parsley

½ cup MOLINERA EXTRA
VIRGIN OLIVE OIL

½ cup water

½ cup DON SIMON
WHITE WINE

PROCEDURE *(Serves 4-6):*

1. Clean chicken well by rubbing with rock salt. Rinse.
2. Preheat oven to 3000F.
3. In an ovenproof dish, arrange the sliced potatoes evenly at the bottom. Place the chicken thighs on of the potatoes, with the skin side down. Sprinkle with salt and pepper.
4. In between and on top of the chicken pieces, put the garlic and lemon slices and parsley.
5. Pour MOLINERA EXTRA VIRGIN OLIVE OIL over the dish then the water.
6. Roast in the preheated oven, basting, once in a while, with the pan drippings to keep the chicken moist.
7. When chicken is starting to turn golden brown, turn over the chicken pieces. Pour DON SIMON WHITE WINE over the chicken. Return to the oven and continue baking until chicken is golden brown all over. The wine will make the skin crisp.
8. Serve the chicken as is – in the casserole dish it was baked in. The potatoes under would have absorbed the flavor of the pan drippings.



TIP:

This is a common dish in Spanish households. You can make it using any other kind of meat like lamb (Cordero Asado) but omit the lemon. To accompany this hearty dish I recommend a glass of Mayor de Castilla red wine from Ribera del Duero.

Wednesday

BREAKFAST

Toasted bread w/
Molinera marmalade

LUNCH

Grilled Pepper Salad
Osso Bucco
(Braised Beef Shanks)

DINNER

Beef Minestrone Soup
Boneless Bangus a la Pescador
(Bangus Fisherman Style)

TOASTED BREAD WITH MOLINERA MARMALADE

INGREDIENTS:

2 pcs. of square bread
or 2 slices of French bread

A bottle of MOLINERA
MARMALADE – any flavor
(Orange, Strawberry, Peach)

Butter (optional)

PROCEDURE:

1. Toast bread slices until crispy
2. Spread butter and Molinera Marmalade

GRILLED PEPPER SALAD *(Ensalada de Pimientos Asados)*

INGREDIENTS:

1 kilo red or green bell peppers

1 cup chopped white onions

1 can tuna chunks, drained

½ cup MOLINERA GREEN OLIVES PITTED (CUT IN HALVES)

1/3 cup MOLINERA EXTRA VIRGIN OLIVE OIL

¼ cup MOLINERA RED WINE VINEGAR

2 tsp. Salt

Dash of pepper

PROCEDURE *(Serves 6-8):*

1. Grill the bell peppers well until skin is easy to peel off. Remove the skins and seeds. Slice peppers into 1/4" thick strips.
2. In a bowl, combine the pepper strips, chopped onions, MOLINERA GREEN OLIVES, and tuna chunks.
3. Drizzle with MOLINERA EXTRA VIRGIN OLIVE OIL and MOLINERA RED WINE VINEGAR. Season with salt and pepper.
4. Chill for an hour before serving.



TIP:

This can be served as a first course salad or as an appetizer and can be eaten with slices of bread.



OSSO BUCCO *(Braised Beef Shanks)*

INGREDIENTS:

1 kilo beef shanks, cut into thick round slices

¼ cup all-purpose flour

¼ cup MOLINERA PURE OLIVE OIL

3 cloves garlic, crushed

1 large onion, chopped

2 carrots, chopped

1/3 cup DON SIMON WHITE WINE

1 (400-g) can MOLINERA CRUSHED TOMATOES

2 cups beef stock

salt and pepper

1 clove garlic, minced

2 tbsp. chopped parsley

PROCEDURE *(Serves 4-6):*

1. Dredge the beef shanks in flour.
2. In a deep casserole, heat MOLINERA PURE OLIVE OIL. Brown the beef shanks. Set aside.
3. In the same pan, fry the garlic and onions.
4. Add back the browned beef shanks. Stir in carrots and the DON SIMON WHITE. Simmer for 15 minutes.
5. Pour in MOLINERA DICED TOMATOES and beef stock. Season with salt and pepper.
6. Cover and cook until beef shanks are tender but make sure that the meat is not falling off the bones. Add more water if needed.
7. Using a mortar and pestle, pound the garlic with the parsley. Add to the meat mixture and continue cooking. Adjust seasoning, as needed.
8. Serve with quartered boiled potatoes.



TIP:

This classic Italian dish is best savored with a glass of red wine of Marquez de Carrion Crianza.

BEEF MINISTRONE SOUP

INGREDIENTS:

½ kilo beef cut into cubes

½ kilo beef bone marrow
or knee cap

½ cup chopped onions

water

salt and pepper

1 cup cubed potatoes

1 cup cubed carrots

1 cup Baguio beans, cut
into small pieces

Some branches of parsley

2 (400-g) cans MOLINERA
CRUSHED TOMATOES

2 (400-g) cans MOLINERA
WHITE BEANS

PROCEDURE *(Serves 8)*:

1. In a big casserole, put the beef cubes, the bone marrow, parsley, and chopped onions. Add enough water to cover all the meat and bones. Add some salt and pepper. Cover and simmer until very tender.
2. When meat is tender, remove from the broth and cut into small cubes, the same size as the potatoes and carrots.
3. Return the cut up beef back to the casserole; add the potatoes, carrots, Baguio beans and cans of MOLINERA CRUSHED TOMATOES. Simmer until vegetables are half-cooked.
4. Add MOLINERA WHITE BEANS. Simmer a until all the vegetables and beans are cooked, adding more water if needed. Season to taste.
5. Before serving the soup, remove the branches of parsley.
Do not also serve the bone marrow.



TIP:

This can be your family's "comfort food soup" as it is a complete meal in itself having meat, vegetables, beans and broth. The hot soup can warm anybody's stomach anytime. You can actually keep a batch of it on stock in the freezer or refrigerator.

BONELESS BANGUS FISHERMAN-STYLE

(Boneless Bangus a la Pescador)

INGREDIENTS:

1 whole boneless milkfish
(*bangus*), about ½ kilo

1 tsp. MOLINERA PURE
OLIVE OIL

2 cloves garlic, sliced

2 pcs. chili pepper

2 tbsp. MOLINERA EXTRA
VIRGIN OLIVE OIL

½ tsp. chopped parsley

salt

PROCEDURE :

1. Fry the *bangus* with the MOLINERA PURE OLIVE OIL skin-side up, just to brown the meat.
2. Fry the sliced garlic and whole chili peppers in MOLINERA EXTRA VIRGIN OLIVE OIL. Do not burn the garlic.
3. Place the grilled fish in a baking dish, skin-side down. Over it, pour the sautéed garlic mixture. Sprinkle with chopped parsley and salt.
4. Bake in a preheated oven (400oF) until fish is completely cooked.



TIP:

Make sure the Bangus is boneless. You can also use Fillet of Sole for this dish. Do not substitute the Extra Virgin Olive Oil for the garlic mixture.

Thursday / BREAKFAST
Scrambled eggs
with tomatoes

LUNCH
Gazpacho
(Cold Tomato Soup)
Callos

DINNER
Sopa Castellana
Pasta with Sundried Tomatoes

SCRAMBLED EGGS WITH TOMATOES

INGREDIENTS:

¼ cup MOLINERA PURE OLIVE OIL

1 cup MOLINERA CRUSHED TOMATOES

5 pcs. eggs, beaten

1 tsp. salt

½ tsp. sugar

PROCEDURE:

1. In a skillet, heat MOLINERA PURE OLIVE OIL then fry the MOLINERA CRUSHED TOMATOES.
2. Add the eggs, and stir constantly with the tomatoes for 2 minutes.
3. Season with salt; add sugar if you want it slightly sweet.



TIP:

This can be served for breakfast with toasted bread. In Spain, it is usually served as a first course meal before the main dish.

Spaniards vary in their breakfast choices depending on where they live. People up north of Spain eat a heavier fare. In general, the Spaniards choose something sweet to go with coffee or hot chocolate. Something like a Magdalena (a muffin), un Bollo (a sweet roll) or a doughnut, especially in the big cities where people are in a hurry to start their day.

Later in the day, when people are ready for their second cup of coffee, is when they eat something heavier like a slice of tortilla, a mixto sandwich (grilled ham and cheese) or perhaps churros con chocolate. Porras are the bigger versions of churros and is also a typical breakfast item.



COLD TOMATO SOUP *(Gazpacho)*

INGREDIENTS:

1 kilo red, ripe tomatoes, peeled and chopped

1 pc. white onion, chopped

1 pc. cucumber, peeled, seeded and chopped

1 pc. green bell pepper, chopped

2 cloves garlic

2 cups water

1/3 cup MOLINERA EXTRA VIRGIN OLIVE OIL

1/3 cup MOLINERA RED or WHITE WINE VINEGAR

2 tsp. salt and pepper

2 pcs. hard-boiled eggs, chopped (optional)

PROCEDURE *(Serves 4-6):*

1. Put the cut-up vegetables in a blender with some water. Process until smooth. Strain.
2. Transfer the mixture to a bowl and add the rest of the water.
3. Stir in MOLINERA EXTRA VIRGIN OLIVE OIL and MOLINERA RED OR WHITE WINE VINEGAR. Season with salt and pepper. If tomatoes are too sour, you can add some sugar.
4. Cover the bowl and chill until ready to serve.
5. Serve with chopped tomatoes, onions, green bell pepper, cucumber and croutons as garnishing. You can also add chopped hard-boiled egg as topping.



TIP:

This soup is usually served during the hot summer months in Spain as it is refreshing and served cold. It is also a healthy soup because of all the fresh vegetables and the olive oil. A thicker version of Gazpacho is the Salmorejo – it is made similarly but bread crumbs are added to give the soup a thicker consistency.

CALLOS

INGREDIENTS:

1 kilo beef tripe, cleaned and cut into pieces

1 cup MOLINERA WHITE WINE VINEGAR

1 whole pork trotter (foot), trimmed and cut in half

2 whole onions, quartered

1 head garlic, crushed

3 pieces bay leaf

1 tsp. salt

1 tsp. peppercorns

¼ cup MOLINERA PURE OLIVE OIL

¼ kilo bacon slab, chopped

¼ kilo *Jamón Serrano* chopped

¼ kilo chorizo, cut in chunks

1 tsp. paprika (*pimenton*)

2 cans MOLINERA NATURAL CHICK PEAS

¼ kilo *morcilla*, cut into thick slices

PROCEDURE:

1. Soak the beef tripe in cold water with the MOLINERA WHITE WINE VINEGAR for 20 minutes, then rinse. Cut into 3-inch cubes. Do this even if the beef tripe bought was already clean.
2. In a big pot, boil the beef tripe and pork trotter in salted water. After the first boil, discard the water. Rinse the meats to remove all froth and scum. Do this twice.
3. In the same pot, put new water then add the tripe, pork trotter, onions, half of the garlic, bay leaf, salt and peppercorns. Boil for about 2 to 3 hours. When the meat is almost tender, lower the heat and let simmer.
4. In a frying pan, fry the remaining garlic in MOLINERA PURE OLIVE OIL. Add the chopped bacon, *Jamón Serrano* and chorizo. Stir in paprika. Add this to the tripe mixture and let boil for 20 minutes.
5. Add the MOLINERA NATURAL CHICK PEAS and the *morcilla*. Simmer for 3 minutes.
6. In serving callos, the pork trotter is discarded after cooking and is not served. It is only used for flavor and to thicken the soup. Serve with slices of French bread.



TIP:

Boiling the tripe in water and vinegar only helps to clean the tripe and remove the unpleasant smell or gamey taste. Callos is a good party dish as it is quite filling and can be served to a large group of people

CASTILIAN SOUP *(Sopa Castellana)*

INGREDIENTS:

4 cloves garlic, sliced

¼ cup MOLINERA EXTRA
VIRGIN OLIVE OIL

1 cup chopped Jamón Serrano

2 cups French bread,
cut to bite-size pieces

6 cups beef broth

paprika (*pimenton*)

salt and pepper

6 eggs, beaten

PROCEDURE:

1. In a deep casserole, brown the sliced garlic in MOLINERA EXTRA VIRGIN OLIVE OIL.
2. Add chopped Jamón Serrano and French bread.
3. Pour in broth. Add paprika and some salt and pepper. Just a little salt, as the Jamón is already salty.
4. Bring to a boil then lower heat and let simmer.
5. Beat 2 eggs in a bowl then add to the hot soup. Stir until all the egg is incorporated into the soup.
6. Ladle soup in individual bowls. Break an egg over each bowl; the heat of the soup will cook the egg. Put the bowls inside a preheated oven to continue cooking the eggs. When the egg whites are set, then the soup is ready to be served.
7. Serve soup with slices of French bread.



TIP:

This soup is very typical in Spain, especially in the regions of Castilla and Leon, which are also famous for Cuchinillo and Cordero Asado.



PASTA WITH SUNDRIED TOMATOES

INGREDIENTS:

¼ kilo angel hair pasta
1 tbsp. MOLINERA
POMACE OLIVE OIL
2 cloves garlic, sliced
6 tbsp. MOLINERA EXTRA
VIRGIN OLIVE OIL
¼ cup chopped onions
2 tsp. salt
1 tsp. pepper
2 tsp. MOLINERA CAPERS
5 pcs. MOLINERA SUNDRIED
TOMATOES, cut in strips
1 cup fresh basil leaves
1 cup grated Parmesan cheese

PROCEDURE:

1. Boil pasta in salted water with a tablespoon of MOLINERA POMACE OLIVE OIL to prevent the noodles from sticking together. Cook “al dente” then drain.
2. In a skillet, cook garlic in MOLINERA EXTRA VIRGIN OLIVE OIL until lightly browned. Add the chopped onions.
3. Add MOLINERA CAPERS and MOLINERA SUNDRIED TOMATOES.
4. Remove pan from heat and add the cooked pasta. Toss to coat with the sauce.
5. Transfer to a platter and top with basil leaves and grated Parmesan cheese.



TIP:

Sundried tomatoes require very little cooking so there is no need to heat them for a long time in the pan. This recipe will also work with other types of pasta like spaghetti, capellini, penne or fettucine.

Friday / BREAKFAST
Pan de Cristal
with Jamón

LUNCH
Anchovy – Lettuce Salad
Easy Beef Salpicao

DINNER
Judeas Verdes
Shrimps in Garlic
(*Gambas al Ajillo*)

PAN DE CRISTAL WITH JAMON

INGREDIENTS:

1 long French bread loaf

½ bottle Molinera Extra Virgin Olive Oil (EVOO)

3 Fresh ripe tomatoes, grated

4-6 paper thin slices of *Jamón Serrano* or *Jamón Iberico*

PROCEDURE:

1. Slice French bread diagonally in 1/2" thickness. You will get 4-6 slices.
2. Toast bread until golden brown.
3. Drizzle with Molinera EVOO
4. Put 1 tsp grated tomato on top of the toast
5. Top the tomato with one thin slice of Jamón of your choice.
6. Sprinkle with salt



TIP:

How to grate tomatoes: Choose the large and plump tomatoes. Cut each tomato into two. Grate the tomato using the largest holes of the grater. Save the tomato remaining skins for saute in another dish.

The bread should be toasted until it has a shiny brown top (hence the name 'Cristal')

Jamón Serrano and Jamón Iberico are Spanish hams with a distinct salty taste. They go very well with the fresh tomato.

ANCHOVY-LETTUCE SALAD *(Ensalada de Lechuga y Anchoa)*

INGREDIENTS:

½ kilo romaine lettuce,
torn to pieces

1 white onion, sliced

1 (140-g) can MOLINERA
BLACK OLIVES

1 can whole anchovies

MOLINERA EXTRA VIRGIN
OLIVE OIL

MOLINERA BALSAMIC
VINEGAR

salt and pepper

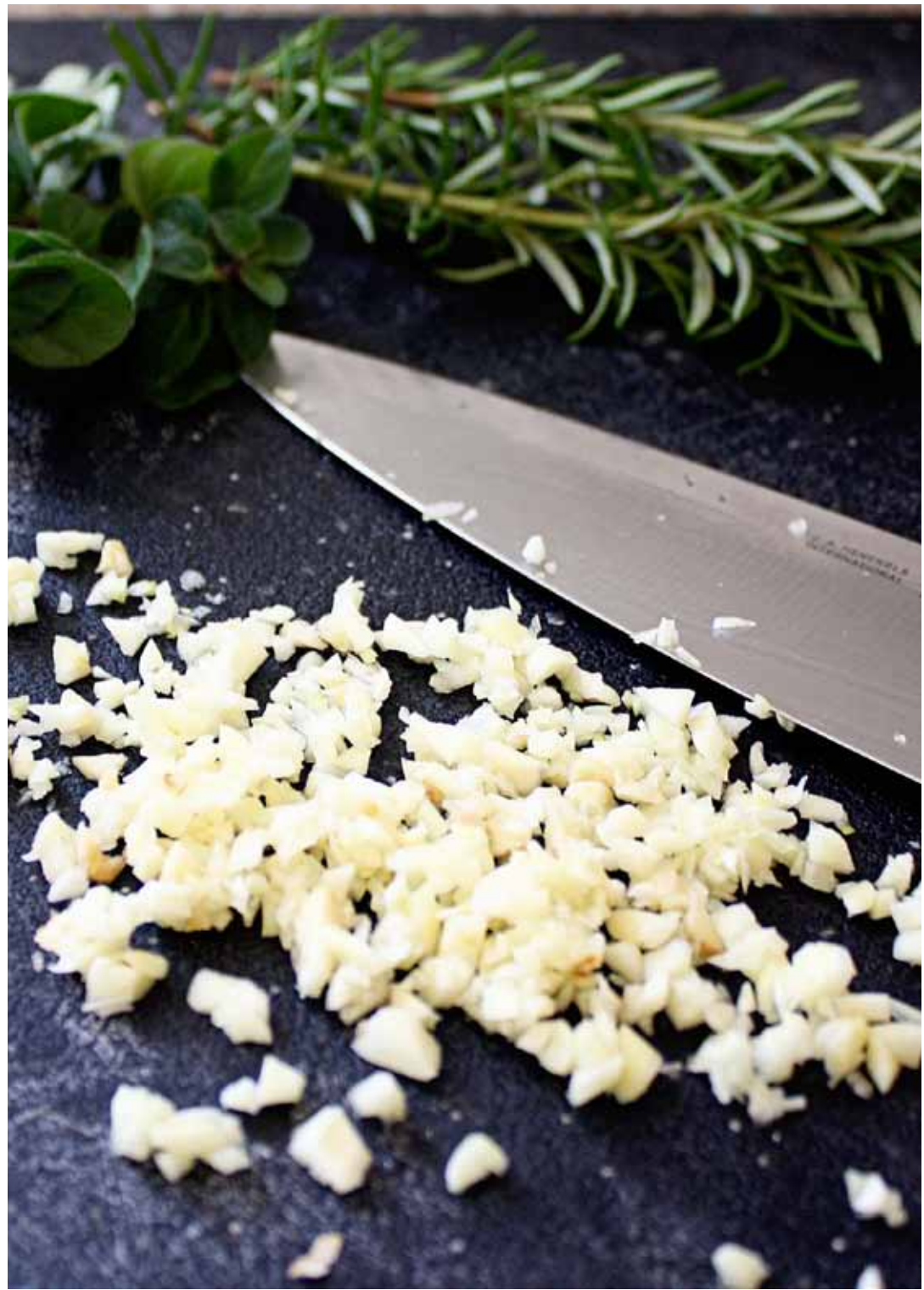
PROCEDURE *(Serves 4-6):*

1. In a salad bowl, place the romaine lettuce. Over the leaves, arrange the sliced onions and MOLINERA BLACK OLIVES.
2. Top the salad with strips of anchovies.
3. Drizzle with MOLINERA EXTRA VIRGIN OLIVE OIL and MOLINERA BALSAMIC VINEGAR.
4. Sprinkle with salt and pepper. Serve at once.



TIP:

You can use either black or green olives. But since you are using anchovies for this salad, and anchovies are already salty and strong in taste, it is better to use black olives which are milder in taste than the green olives. But either of the 2 will do.



EASY BEEF SALPICADO

INGREDIENTS:

1 kilo beef tenderloin, cut into thick strips (about 1-2 inches long)

2 tbsp. soy sauce

2 tbsp. liquid seasoning

1 tbsp. Worcestershire sauce

1 tsp. salt

½ tsp. pepper

½ cup MOLINERA EXTRA VIRGIN OLIVE OIL

1 head garlic, crushed

PROCEDURE:

1. Marinate beef strips in a mixture of soy sauce, liquid seasoning, Worcestershire sauce, salt, pepper and 2 tablespoons MOLINERA EXTRA VIRGIN OLIVE OIL.
2. In a frying pan, heat the remaining MOLINERA EXTRA VIRGIN OLIVE OIL and brown the crushed garlic. Transfer toasted garlic to a plate.
3. Put the pan on high heat and cook the marinated beef strips. Fry the meat quickly, browning them on all sides without overcooking.
4. Transfer cooked meat to a serving platter and top with toasted garlic. Serve hot.



TIP:

Beef Salpicado, though Spanish in influence, is not a dish you will find in Spain. It is just popular here in the Philippines (hence the use of soy sauce). Some people call the dish Beef Salpicao, simply because the word “salpicao” is a shortcut for “salpicado” which means “to spatter” or “to splash.” Salpicado is best eaten with garlic rice accompanied by a glass of Antano red wine from La Rioja.

BAGUIO BEANS IN OLIVE OIL *(Judias Verdes)*

INGREDIENTS:

1 kilo Baguio beans, cut into one-inch pieces

½ cup chopped onions

½ cup MOLINERA EXTRA VIRGIN OLIVE OIL

½ cup chopped ham

salt and pepper

PROCEDURE:

1. Trim then cut Baguio beans into 1-inch long pieces.
2. Boil in salted water until very tender. Drain.
3. In a skillet, cook chopped onions in MOLINERA EXTRA VIRGIN OLIVE OIL. When tender, add chopped ham.
4. Add the cooked Baguio beans. Season with salt and pepper.
5. Serve as accompaniment to any meat or fish dish.



TIP:

In Spain, Judias Verdes is served as a starter. This is usually followed by a second dish which can be a meat or fish dish. But here in the Philippines, this can be served together as an accompaniment or a side dish to Salpicao, Baked or fried fish, Pollo Asado (Roast Chicken) and the like.

SHRIMPS IN GARLIC *(Gambas al Ajillo)*

INGREDIENTS:

¼ cup MOLINERA PURE OLIVE OIL
½ kilo shrimps, peeled
½ head garlic, sliced or crushed
2 pcs. chili pepper
1 tsp. chopped parsley
1 tsp. salt
Paprika

PROCEDURE:

1. In a frying pan, heat MOLINERA PURE OLIVE OIL, then fry the crushed garlic and whole chili peppers.
2. When garlic is lightly browned, add the shrimps and parsley. Stir-fry until shrimps are done, careful not to over cook them. Season with salt and paprika
3. Transfer to a heatproof dish and serve while the oil is still boiling hot.



TIP:

If you want the dish to be extra spicy, slice or cut the chili peppers in halves.

Saturday / BREAKFAST
Fried eggs in EVOO
Chistorra Rice

LUNCH
Gambas al Ajillo
Cocido

DINNER
Artichokes with Ham
Artichokes with Foie Gras
Estofado de Rabo de Toro
(*Ox Tail stew*)

FRIED EGGS IN EVOO

INGREDIENTS:

Eggs

MOLINERA EXTRA VIRGIN
OLIVE OIL

Salt

PROCEDURE:

1. Like frying eggs in ordinary oil, use MOLINERA EXTRA VIRGIN OLIVE OIL instead and see the difference.
2. Sprinkle salt to taste.

CHISTORRA RICE

INGREDIENTS:

1 Cup chopped Chistorra
(Spanish longaniza) or Local
Chorizo de Bilbao

** You can buy now locally made
chorizo de Bilbao from Rustan's
supermarket or the real Chistorra
from Terry's Deli.

2 Tbps. MOLINERA EXTRA
VIRGIN OLIVE OIL

2 cups cooked rice

PROCEDURE:

1. Fry in Molinera Extra Virgin Olive Oil the chopped Chistorra.
2. When fully fried, add the cooked rice.
3. Serve hot.



TIP:

Sprinkle garlic bits or fresh chopped onion tips over the fried rice

SHRIMPS IN GARLIC *(Gambas al Ajillo)*

INGREDIENTS:

¼ cup MOLINERA PURE OLIVE OIL

½ kilo shrimps, peeled

½ head garlic, sliced or crushed

2 pcs. chili pepper

1 tsp. chopped parsley

1 tsp. salt

Paprika

PROCEDURE:

1. In a frying pan, heat MOLINERA PURE OLIVE OIL, then fry the crushed garlic and whole chili peppers.
2. When garlic is lightly browned, add the shrimps and parsley. Stir-fry until shrimps are done, careful not to over cook them. Season with salt and paprika
3. Transfer to a heatproof dish and serve while the oil is still boiling hot.



TIP:

If you want the dish to be extra spicy, slice or cut the chili peppers in halves.

COCIDO MADRILEÑO - COMPLETE WITH SOUP

INGREDIENTS:

½ kilo beef brisket, cut in serving pieces	3 pcs. bay leaf
½ kilo pork belly (<i>liempo</i>), cut in serving pieces	10 pcs. peppercorns
1 whole pork leg, cut in 2 pieces	2 pcs. whole chorizo
½ kilo chicken, cut in serving pieces	½ kilo potatoes, cut in quarters
¼ kilo salted slab bacon, cut in half	3 (400-g) cans MOLINERA NATURAL CHICK PEAS
1 pc. <i>Jamón Serrano</i> bone	1 head cabbage, cut in big chunks
1 pc. big chunk <i>Jamón Serrano</i> meat	½ kilo carrots, cut in 1-inch thick pieces
1 head garlic	1 pc. whole blood sausage (<i>morcilla</i>)
1 onion	1 cup fine noodles (<i>fideos</i>)
2 stalks leeks	

PROCEDURE (*Serves 6*):

1. In a big pot, put the beef, pork, pork leg, chicken, bacon and *Jamón Serrano* bone and meat. Add the garlic, onion, leeks, bay leaves, peppercorns and some salt. Put in enough water to cook all the meats. Cook, for about an hour, until all meats are tender. Remove any scum that may form at the surface.
2. When meat is almost tender, add in the chorizo and potatoes. Add more water and salt, as needed. Continue to simmer until potatoes are tender.
3. Add MOLINERA CHICK PEAS, the rest of the vegetables and the *morcilla*. Simmer for another 15 minutes.
4. Ladle out the soup of the stew into another pot, leaving just enough to keep the meat and vegetables warm. Boil the soup then add the *fideos*. This Cocido Soup will be served first.
5. On a large platter, arrange all the meat and vegetables separately. Serve this with a bottle of MOLINERA EXTRA VIRGIN OLIVE OIL.



TIP:

Chickpeas are especially good when accompanied by extra virgin olive oil. Just drizzle EVOO over cooked chick peas.

Tapas is a major part of Spanish cuisine. They are a wide variety of appetizers and snacks that are served hot or cold. Some of the more popular cold versions include different types of cheese and boquerones en vinagre while hot tapas include fried chorizos, calamares, gambas al ajillo or grilled seafood.

In the northern part of Spain, particularly in the Basque region, tapas are called pinxtos (pinchos). The Basque people claim to have the best tapas in the whole of Spain. Going to San Sebastian for a gastronomic trip can attest to this claim. Pinxtos are served on slices of bread. When you enter a bar in San Sebastian, you will be amazed at the variety of pinxtos laid out on the bar counter. Customers

just point what they want to eat to the bar tender and wash it all down with wine or beer. This can go on through the night and when you're ready to settle your bill, you will simply be amazed at how the bar owner has kept track of how many pinxtos you have eaten – and charge you accordingly. The secret is - the bar owner keeps count using toothpicks discreetly for every customer.

Tapas are served day in and day out in every bar and café in the country, as Spaniards simply love to drink and socialize. Tapas came about so there could be food to go with the drinks. It has become such a big part of the culture and social scene that a new verb "tapear" was coined; it means bar-hopping or eating tapas.



ARTICHOKES WITH HAM *(Alcachofas con Jamon)*

INGREDIENTS:

¼ cup MOLINERA EXTRA
VIRGIN OLIVE OIL

¼ cup chopped onions

¼ cup chopped ham
(any kind will do)

1 can MOLINERA ARTICHOKE
HEARTS, cut in quarters

PROCEDURE:

1. In a skillet, heat MOLINERA EXTRA VIRGIN OLIVE OIL then fry the chopped onions.
2. When onions are tender, add ham. Cook for a few minutes.
3. Add the artichokes. Season with some salt and pepper. Cook for 2 more minutes.
4. Serve as a hot appetizer.

ARTICHOQUES WITH FOIE GRAS *(Alcachofas con Foie Gras)*

INGREDIENTS:

2 tbsp. MOLINERA EXTRA
VIRGIN OLIVE OIL

300 grams fresh foie gras
cut in small pieces
(about 2 slices of foie gras)

¼ cup chopped onions

1 can MOLINERA ARTICHOKE
HEARTS, cut in halves

PROCEDURE:

1. In a skillet, pan-fry the pieces of foie gras. Do not over cook as the foie gras shrinks. Set aside the foie gras.
2. In the same pan, add 2 tablespoons of Molinera Extra Virgin Olive Oil and sauté the onions then the artichoke hearts. When onions are tender, add back the foie gras. Cook for a few seconds more. Then remove from fire.
3. Transfer cooked foie gras with artichokes on a plate and serve while hot with crackers or bread toast.



TIP:

Serve this wonderful appetizer with crackers and a bottle of Antano white or red wine from the bodegas of Garcia Carron.



OX TAIL STEW (*Estofado de Rabo de Toro*)

OX TAIL STEW *(Estofado de Rabo de Toro)*

INGREDIENTS:

1 ½ kilos ox tail, cut into thick pieces

1 cup MOLINERA PURE OLIVE OIL

1 cup chopped onions

2 cups sliced carrots

6 cloves garlic, crushed

3 sprigs parsley

3 stalks celery

3 stalks leeks

2 (400-g) cans MOLINERA DICED TOMATOES

1 bay leaf

1 tsp. thyme

½ tsp. pepper

½ tsp. paprika (*pimenton*)

1 pc. beef bouillon cube

1 cup DON SIMON RED WINE

PROCEDURE:

1. In a deep casserole, brown the ox tail pieces in MOLINERA PURE OLIVE OIL. Set aside.
2. In the same pan, cook the chopped onions, carrots, garlic, parsley, celery and leeks.
3. Add MOLINERA DICED TOMATOES then the bay leaf, thyme, pepper, paprika and beef bouillon cube.
4. Return the browned meat to the pan. Add enough water and the DON SIMON RED WINE.
5. Cover and cook very slowly, over low fire, until meat is tender. Depending on the meat, this can take about 4 hours. Make sure the meat is covered with stock while cooking, adding more water as needed. You can also do this in a pressure cooker but do not over cook the meat. Cook until the sauce is thick and meat is tender.
6. Transfer to a platter and garnish with parsley.



TIP:

This dish originated in Cordoba in Southern Spain where the ox tail for cooking comes from the bulls killed in bullfights (Corrida de Toros), thus the name “Rabo de Toro.” Nowadays, there the “rabos de toro” have become scarce so cooks just use the tail of cows.

Sunday / BREAKFAST
Tortilla de Patata
with chopped chorizo

LUNCH
Dulong in EVOO
Banderillas
Tuna-Lettuce salad
Paella

DINNER
Gambas al Ajillo
Ensaladilla Rusa
(*Russian Potato Salad*)

SPANISH POTATO OMELETTE

(Tortilla de Patata with chopped chorizo)

INGREDIENTS:

½ kilo potatoes, peeled and sliced

1 cup chopped onions

1 cup chopped chorizo

1 cup MOLINERA EXTRA
VIRGIN OLIVE OIL

salt

6 eggs

PROCEDURE:



1. Heat MOLINERA EXTRA VIRGIN OLIVE OIL in medium heat. Deep fry the sliced potatoes and chopped onions in the virgin olive oil until soft. Add salt. When cooked strain the oil and set aside.
2. Beat the eggs in a big bowl. Add the cooked potatoes and onions in. Make sure all the potatoes and onions are soaked in the beaten egg. If necessary, add more eggs.
3. Heat a small nonstick pan (6" diameter) and lightly grease with MOLINERA EXTRA VIRGIN OLIVE OIL.
4. Pour the egg mixture and the chopped chorizo into the hot pan and cook on medium heat until the bottom and edges are set.

SPANISH POTATO OMELETTE *(Tortilla Española)*

INGREDIENTS:

- ½ kilo potatoes, peeled and sliced
- 1 cup chopped onions
- ¼ cup chopped chorizo
- 1 cup MOLINERA EXTRA VIRGIN OLIVE OIL
- salt
- 6 eggs

PROCEDURE:



5. Turn the omelette to cook the topside. Use a big plate to cover the skillet. Quickly turn over the omelette so that the top side is at the bottom of the pan. Do not over cook. Insert a toothpick at the center to check if the inside is done. The center of the omelette must be moist but not raw.

6. Insert a toothpick at the center to check if the inside is done. The center of the omelette must be moist but not raw.

To serve, cut into wedges.



TIP:

Tortilla de patata is usually served as a tapa in Spain, but here in the Philippines it is often served for breakfast. The most tricky part of cooking this dish is turning over the top side to evenly cook both sides. Use a small skillet for cooking so you can easily turn it over.



DULONG IN OLIVE OIL

DULONG IN OLIVE OIL

INGREDIENTS:

1 cup MOLINERA EXTRA VIRGIN OLIVE OIL
10 cloves garlic, crushed
½ kilo fresh dulong, rinsed
2 pcs. chili pepper (*siling labuyo*)
salt and pepper

PROCEDURE:

1. In a skillet, heat 1/2 cup MOLINERA EXTRA VIRGIN OLIVE OIL. Brown the crushed garlic.
2. Add the fresh dulong and stir-fry to cook.
3. Season with some salt and pepper. Add the chili peppers.
4. Pour in the remaining MOLINERA EXTRA VIRGIN OLIVE OIL. Simmer for a minute. Adjust seasoning, if needed.
5. Serve with crackers or toast.
6. Dulong must be swimming in Extra Virgin Olive Oil.



TIP:

Dulong in Olive Oil can be kept in bottles and can keep for a month in the refrigerator. Just make sure that the dulong is completely covered with olive oil because olive oil is a preservative. You can also add more olive oil anytime even without heating.

BANDERILLAS

INGREDIENTS:

12 pcs. MOLINERA GREEN
OLIVES PITTED

12 pcs. MOLINERA
COCKTAIL ONIONS

12 pcs. MOLINERA PICKLES
IN VINEGAR

12 pcs. MOLINERA ARTICHOKE
HEARTS, cut in halves

12 pcs. MOLINERA RED
PIMIENTOS, cut into strips

12 pcs. cherry tomatoes

12 pcs. hard-boiled quail eggs

PROCEDURE:

1. Skewer the different ingredients alternately in bamboo sticks creating banderillas of attractive colors.
2. Serve with cocktail drinks or beer.



Banderillas means barbed darts. In Spain they refer to the spears that bullfighters use in stabbing the bulls at the back of their neck before the main act of killing them. Banderillas are one of the easiest appetizers to whip up – all you need is to stock on olives, cocktail onions, pimientos and gherkins. For added color and flavor, simply add in cubed cheese, cherry tomatoes, and hard-boiled quail eggs.

SALAD NICOISE *(Tuna-Lettuce salad)*

INGREDIENTS:

½ kilo mixed greens (blend of romaine, curly lettuce, arugula)	2 tbsp. MOLINERA BALSAMIC VINEGAR
¼ kl. French Beans, blanched	salt and pepper
2 pcs. Fresh red tomatoes cut in wedges	4 pcs. MOLINERA ARTICHOKES, cut in quarters
1 pc. Fresh green pepper cut in thin strips,	10 pcs. anchovies
1 white onion, sliced	2 pcs. hard-boiled eggs, cut in quarters
¼ cup MOLINERA GREEN OLIVES, cut in halves	
¼ cup MOLINERA BLACK OLIVES, cut in halves	
¼ cup MOLINERA EXTRA VIRGIN OLIVE OIL	

PROCEDURE:

1. In a salad bowl, put the mixed greens, blanched French beans, tomato wedges, pepper strips, sliced onions, MOLINERA GREEN OLIVES and MOLINERA BLACK OLIVES.
2. Drizzle with MOLINERA EXTRA VIRGIN OLIVE OIL and MOLINERA BALSAMIC VINEGAR.
3. Season with some salt and pepper. Toss to blend.
4. To serve, arrange this fresh vegetable mix on a big salad platter and top with quartered MOLINERA ARTICHOKES, anchovies (carefully put this without breaking the whole piece) and hard-boiled eggs. Serve cold.



This Salad Nicoise may also be served in individual plates for your guests. The artichokes and anchovies should be arranged properly-- the anchovies on top of the lettuce while the artichokes on the side together with hard boiled eggs.



PAELLA



Paella is known as the national food of Spain. But for Spaniards, the paella is a dish common in the south of Spain, particularly in the Valencia region, where it originated. Paella is a dish of Moorish influence. The south of Spain was occupied for hundreds of years by the Arabs. The Arabs love to eat rice and mix it with meat. This was the beginning of the paellas.

The word PAELLERA, or pan that is used to make this dish, came from the Latin word PATELLA, which means cooking pan. If you do not have a paellera, you can use any round and shallow casserole or frying pan with a flat bottom to make your paella.

Paelleras can now be found and bought in many Spanish stores here in the Philippines like in Terry's Delicatessen and La Tienda.

The modern day paella has basically 3 kinds: Paella Valenciana which has vegetables and meat, the Seafood Paella, which has vegetables and seafoods, and the Mixed Paella (Paella Mixta) which has all the ingredients.



PAELLA

INGREDIENTS:

1 whole chicken, cut into serving pieces (do not include wings and neck)

½ cup MOLINERA EXTRA VIRGIN OLIVE OIL

2 tbsps. chopped garlic

½ cup chopped onions

½ cup chopped green bell pepper

1 kilo fresh clams (set aside a dozen for topping)

½ kilo fresh squid, cut into rings

1 kilo fresh shrimps, peeled (set aside a dozen unpeeled for topping)

1 (400-g) can MOLINERA CRUSHED TOMATOES

1 (400-g) can MOLINERA GREEN PEAS

2 cups shrimp broth (from cooking heads and peels of shrimps)

1 tsp. paprika (*pimenton*)

paella coloring

saffron (*azafran*)

parsley

2 cups fish or chicken broth

3 cups Calrose rice

1 (200-g) can MOLINERA RED PIMIENTOS

PROCEDURE:



1. In a medium-size paellera, fry the chicken pieces in MOLINERA EXTRA VIRGIN OLIVE OIL. Set aside.



2. In the same pan, fry the garlic, onions and bell pepper. Add the clams, squid rings and shrimps. Season with some salt.

PAELLA

PROCEDURE:



3. Add the MOLINERA CRUSHED TOMATOES and MOLINERA GREEN PEAS.



4. Return the chicken pieces to the pan. Simmer for a few minutes.



5. Pour in half of the shrimp broth. Add paprika and paella coloring for a nice yellow color. Simmer.



6. Using a mortar and pestle, pound a teaspoon of garlic, a teaspoon of parsley and a pinch of saffron together. Add this to the paella mixture. This is the secret to a good paella!

PAELLA

PROCEDURE:



7. Add more broth. Season to taste.



8. Wash the rice, drain well and add to the pan, spreading it evenly. Have some broth on hand in case you need to add more liquid. There are some types of rice that require more liquid to cook.



9. DO NOT MIX THE PAELLA ONCE YOU HAVE ADDED THE RICE. This will allow the rice to soak in the delicious flavors of the broth, meats and spices. Continue cooking in medium heat.



10. Fix the ingredients evenly in the paellera. When half the broth is gone, arrange the remaining clams, shrimps and MOLINERA RED PIMIENTOS on top for decoration.

PAELLA

PROCEDURE:



11. Let the rice cook over low heat. Add a little broth if the rice is dry but still uncooked. You may cover the paella with aluminum foil to evenly cook the rice on top.



12. Before serving, drizzle some MOLINERA OR CAPRI EXTRA VIRGIN OLIVE OIL all over the paella. Serve with sliced lemons on the side.

SHRIMPS IN GARLIC *(Gambas al Ajillo)*

INGREDIENTS:

¼ cup MOLINERA PURE
OLIVE OIL

½ kilo shrimps, peeled

½ head garlic, sliced or crushed

2 pcs. chili pepper

1 tsp. chopped parsley

1 tsp. salt

Paprika

PROCEDURE:

1. In a frying pan, heat MOLINERA PURE OLIVE OIL, then fry the crushed garlic and whole chili peppers.
2. When garlic is lightly browned, add the shrimps and parsley. Stir-fry until shrimps are done, careful not to over cook them. Season with salt and paprika
3. Transfer to a heatproof dish and serve while the oil is still boiling hot.



TIP:

If you want the dish to be extra spicy, slice or cut the chili peppers in halves.

RUSSIAN POTATO SALAD *(Ensaladilla Rusa)*

INGREDIENTS:

½ kilo potatoes

½ kilo carrots

½ cup chopped onions

1 (200-g) can tuna
(solid or chunks)

1 (335-g) bottle MOLINERA
GREEN OLIVES PITTED,
cut in halves

1 (400-g) can MOLINERA
NATURAL GREEN PEAS,
blanched

Homemade mayonnaise

1 (200-g) can MOLINERA RED
PIMIENTOS, cut into thick strips

2 pcs. hard-boiled eggs,
sliced into rounds

PROCEDURE *(Serves 8)*:

1. Boil potatoes and carrots in water with some salt until tender. Peel and cut into small cubes.
2. Transfer to a bowl and toss with chopped onions and drained tuna.
3. Add the MOLINERA GREEN OLIVES and the blanched MOLINERA NATURAL GREEN PEAS.
4. Add enough mayonnaise and mix well. Add the mayonnaise according to your taste. Season with salt and white pepper. Be careful in mixing so potatoes do not get mashed.
5. Transfer salad to a serving salad platter making a small mountain. Garnish with strips of MOLINERA RED PIMIENTOS on top and sliced egg. Serve cold.



I am not sure why the Spaniards call this “Russian Salad” when there are no beets in it to make it red in color like what they do here in the Philippines. In the Philippines, they call this kind of salad Russian Salad because of the beets that is added and makes it red in color. This Ensaladilla Rusa is a very popular dish all over Spain, in restaurants and in homes. The secret of this salad is the Homemade Mayonnaise made with EXTRA VIRGIN OLIVE OIL. It makes a whole lot of difference as compared to using bottled mayonnaise.



Menu Week 02

Monday

BREAKFAST
Molinera Peaches
w/ Cottage Cheese

LUNCH
Pan de Cristal w/ Jamon
Ensaladilla Rusa
(*Russian Potato Salad*)

DINNER
Lentil Soup
Huevos Rancheros

MOLINERA PEACHES WITH COTTAGE CHEESE

INGREDIENTS:

1 can of MOLINERA
PEACH HALVES

1 cup Cottage Cheese

PROCEDURE:

1. Drain the Molinera Peach Halves and refrigerate the night before serving
2. Arrange slices in a serving platter
3. Top with the cottage cheese and serve



PAN DE CRISTAL WITH JAMON

PAN DE CRISTAL WITH JAMON

INGREDIENTS:

1 long French bread loaf

½ bottle MOLINERA EXTRA VIRGIN OLIVE OIL

3 Fresh ripe tomatoes, grated

4-6 paper thin slices of *Jamón Serrano* or *Jamón Iberico*

PROCEDURE:

1. Slice French bread diagonally in 1/2" thickness. You will get 4-6 slices.
2. Toast bread until golden brown.
3. Drizzle with Molinera EVOO
4. Put 1 tsp grated tomato on top of the toast
5. Top the tomato with one thin slice of Jamón of your choice.
6. Sprinkle with salt



TIP:

How to grate tomatoes: Choose the large and plump tomatoes. Cut each tomato into two. Grate the tomato using the largest holes of the grater. Save the tomato remaining skins for saute in another dish.

The bread should be toasted until it has a shiny brown top (hence the name 'Cristal')

Jamón Serrano and Jamón Iberico are Spanish hams with a distinct salty taste. They go very well with the fresh tomato.

LENTIL SOUP *(Sopa de Lentejas)*

INGREDIENTS:

6 cloves garlic, chopped

½ cup chopped onions

¼ cup MOLINERA PURE OLIVE OIL

½ cup slab of bacon, chopped

½ cup chorizo or chistorra, chopped

1 small pc. Jamón Serrano leg-bone (optional)

2 cans 400 grams MOLINERA LENTILS

2 cups water

½ tsp. paprika (pimenton)

salt and pepper

PROCEDURE *(Serves 4)*:

1. In a casserole, fry the onions and garlic in MOLINERA PURE OLIVE OIL. Do not allow garlic to turn brown, just golden.
2. Add the Jamón Serrano leg and cover the casserole to “sweat” the bone.
3. Add the chopped bacon and chorizo and cook until the fat renders or melts.
4. Add the lentils and water. Bring to a boil until soup thickens. The fat of the Jamón Serrano leg will help thicken the soup
5. Season with paprika, salt and pepper.



FOOD FACT:

Filipinos get confused with chorizo and chistorra because they both look like Spanish-style longganisa. The difference between the two is that chorizo is cured and can be eaten uncooked while chistorra is fresh, not cured, and needs to be cooked (boiled or fried) before it is eaten. The latter is actually more popular as Filipinos like ‘fried chorizo’. Chistorra is more commonly called ‘chorizo de Bilbao’ here in the Philippines, but there really is no such thing as ‘chorizo de Bilbao’ in Spain.

HUEVOS RANCHEROS

INGREDIENTS:

6 large Tortillas
(Village Gourmet brand)

1 bottle, Mexican Salsa

6 large eggs

MOLINERA POMACE
OLIVE OIL

1 can Molinera Baked Beans

PROCEDURE:

1. Warm a skillet and toast the tortillas until slightly brown.
Put each tortilla on a serving plate.
2. Fry the eggs “sunny side up” in Molinera Pomace Olive Oil.
Put egg on top of a tortilla.
3. Ladle Mexican Salsa on top of the egg and serve.
4. Serve with Molinera Baked Beans on the side.



TIP:

Pomace Olive oil is the by-product of the extraction process of the original olive oil. Olive oil is cold-pressed whereas pomace oil is hot-pressed. Pomace Olive oil is ideal for frying whereas Extra Virgin olive oil is drizzled onto salads and sandwiches and is more flavorful.

Tuesday / BREAKFAST
Tomaca
Fresh orange or any
fruit juice

LUNCH
Salad Nicoise
Pintxo de Jamon
y huevo de Codorniz

DINNER
Lentil Soup
Revuelto de Asparragos

TOMACA

INGREDIENTS:

1 long French bread sliced into
½ ” thickness or 3 pieces ciabatta
bread halved lengthwise

MOLINERA EXTRA VIRGIN
OLIVE OIL

2 Freshly grated ripe tomatoes

PROCEDURE:

1. Toast bread slices.
2. Slice the tomatoes in half and grate the fleshy side of each half in the smallest holes of your grater.
3. Spread freshly grated ripe tomatoes on the bread
4. Drizzle MOLINERA EXTRA VIRGIN OLIVE OIL on the grated tomatoes
5. Sprinkle some sea salt on top



TIP:

Tomaca or pan con tomate is a very popular Spanish breakfast. You can just cut a very ripe tomato in two and rub the fleshy side on a slice of toasted bread. Simply sprinkle some salt on top and drizzle it with extra virgin olive oil. This may be accompanied with a glass of fresh orange juice or with a cup of tea or coffee. To get the most out of the flavor of the tomato, you can grate the entire tomato so only the skin is left. The skin can be used for sautéing other dishes.



SALAD NICOISE *(Tuna-Lettuce salad)*

INGREDIENTS:

½ kilo mixed greens (blend of romaine, curly lettuce, arugula)	2 tbsp. MOLINERA BALSAMIC VINEGAR
¼ kl. French Beans, blanched	salt and pepper
2 pcs. Fresh red tomatoes cut in wedges	4 pcs. MOLINERA ARTICHOKEs, cut in quarters
1 pc. Fresh green pepper cut in thin strips,	10 pcs. anchovies
1 white onion, sliced	2 pcs. hard-boiled eggs, cut in quarters
¼ cup MOLINERA GREEN OLIVES, cut in halves	
¼ cup MOLINERA BLACK OLIVES, cut in halves	
¼ cup MOLINERA EXTRA VIRGIN OLIVE OIL	

PROCEDURE:

1. In a salad bowl, put the mixed greens, blanched French beans, tomato wedges, pepper strips, sliced onions, MOLINERA GREEN OLIVES and MOLINERA BLACK OLIVES.
2. Drizzle with MOLINERA EXTRA VIRGIN OLIVE OIL and MOLINERA BALSAMIC VINEGAR.
3. Season with some salt and pepper. Toss to blend.
4. To serve, arrange this fresh vegetable mix on a big salad platter and top with quartered MOLINERA ARTICHOKEs, anchovies (carefully put this without breaking the whole piece) and hard-boiled eggs. Serve cold.



This Salad Nicoise may also be served in individual plates for your guests. The artichokes and anchovies should be arranged properly-- the anchovies on top of the lettuce while the artichokes on the side together with sliced hard boiled eggs.

JAMON AND QUAIL EGG PINTXO

(Pintxo de Jamon y Huevo de Codorniz)

INGREDIENTS:

2 Mini Baguette or Ciabatta bread

8 paper thin slices of *Jamón Serrano*

4 Quail Eggs halved

1 Tbsp. MOLINERA EXTRA VIRGIN OLIVE OIL.

PROCEDURE:

1. Slice the bread vertically into two and toast until golden brown
2. Drizzle the MOLINERA Extra Virgin Olive Oil on the toasted bread.
3. Put 2 slices of *Jamón* on top of one slice of bread and finish with the 2 halved quail eggs.
4. Do the same for the remaining slices of bread and serve immediately.

LENTIL SOUP *(Sopa de Lentejas)*

INGREDIENTS:

6 cloves garlic, chopped
½ cup chopped onions
¼ cup MOLINERA PURE OLIVE OIL
½ cup slab of bacon, chopped
½ cup chorizo or chistorra, chopped
1 small pc. *Jamón Serrano* leg-bone (optional)
2 cans 400 grams MOLINERA LENTILS
2 cups water
½ tsp. paprika (pimenton)
salt and pepper

PROCEDURE *(Serves 4)*:

1. In a casserole, fry the onions and garlic in MOLINERA PURE OLIVE OIL. Do not allow garlic to turn brown, just golden.
2. Add the *Jamón Serrano* leg and cover the casserole to “sweat” the bone.
3. Add the chopped bacon and chorizo and cook until the fat renders or melts.
4. Add the lentils and water. Bring to a boil until soup thickens. The fat of the *Jamón Serrano* leg will help thicken the soup
5. Season with paprika, salt and pepper.



FOOD FACT:

Filipinos get confused with chorizo and chistorra because they both look like Spanish-style longganisa. The difference between the two is that chorizo is cured and can be eaten uncooked while chistorra is fresh, not cured, and needs to be cooked (boiled or fried) before it is eaten. The latter is actually more popular as Filipinos like ‘fried chorizo’. Chistorra is more commonly called ‘chorizo de Bilbao’ here in the Philippines, but there really is no such thing as ‘chorizo de Bilbao’ in Spain.

ASPARRAGOS OMELETTE *(Revuelto de Asparragos)*

INGREDIENTS:

4 Eggs
1 bottle MOLINERA
ASPARAGUS
½ cup peeled shrimps
½ cup chopped onions
2 tbsp MOLINERA EXTRA
VIRGIN OLIVE OIL
Salt and pepper to taste

PROCEDURE:

1. Beat eggs. Set aside.
2. Remove the head and shell of the shrimps. Set aside the heads and shells.
3. Slice the asparagus into one inch pieces
4. In a frying pan, heat the MOLINERA EXTRA VIRGIN OLIVE OIL.
5. Fry the onions until slightly brown.
6. Add the peeled shrimps, salt and pepper to taste. When the shrimps turn pink, add the asparagus and pour the beaten eggs.
7. Stir and keep mixing the until eggs are cooked.
8. Transfer immediately to a platter and serve hot.



TIP:

To check for freshness, immerse the eggs, one by one, into a cup of water. If the egg floats, it is fresh. If it sinks, it is not fresh. You can also boil the shrimp heads and skin in 1 cup water. The shrimp broth is very good for soups and paellas.

Wednesday / BREAKFAST
Omelette

LUNCH
Empedrat
(Catalan Salad of white
beans & Bacalao)
Spicy Pintxo

DINNER
Caesar Salad
Shrimps in Garlics

HAM AND CHEESE OMELETTE

INGREDIENTS:

2 eggs
1 tablespoon milk
¼ cup chopped ham
¼ cup grated cheese
½ cup MOLINERA
DICED TOMATOES
1 tbsp. MOLINERA EXTRA
VIRGIN OLIVE OIL
Salt and pepper to taste

PROCEDURE:

1. In a deep bowl, lightly beat the eggs with the milk, sea salt and a little pepper
2. Add the MOLINERA CHOPPED TOMATOES, chopped ham and grated cheese to the egg mixture.
3. Heat MOLINERA EXTRA VIRGIN OLIVE OIL in a small skillet Do not allow oil to 'smoke'. Slowly add the egg and ham mixture once the oil is hot.
4. Once the bottom of the egg mixture turns slightly brown, fold into two. With a spatula and fork, flip the folded mixture to the other side to brown both sides evenly



TIP:

An omelette does not need to have a perfect half moon shape. Flipping the egg mixture takes practice. Start by using a small skillet for a smaller size omelette that is easy to flip over.



CATALAN SALAD OF WHITE BEANS AND BACALAO

(Empedrat)

INGREDIENTS:

1 can MOLINERA WHITE BEANS, drained and washed
¼ cup shredded, salted Bacalao
½ green pepper chopped
4 medium tomatoes chopped
1 red onion finely chopped
3 tbsps MOLINERA EXTRA VIRGIN OLIVE OIL
1 tbsp MOLINERA WHITE WINE VINEGAR
Salt and pepper

PROCEDURE:

1. Place the Bacalao in a small pot and immerse in a bigger pan with hot water. Steam for 5 minutes and cool.
2. Place the white beans in a bowl and add the tomatoes, green pepper, red onion. Mix well.
3. Crumble the Bacalao and add to the bowl.
4. Add the MOLINERA EXTRA VIRGIN OLIVE OIL, and MOLINERA WHITE WINE VINEGAR. Add salt and pepper to taste and toss the salad mixture.
5. Let the salad rest for 15 minutes in the refrigerator and serve.



TIP:

SALTED BACALAO is now available in most supermarkets.

SPICY PINTXO *(Pintxo Picante de Anchoas y encurtidos)*

INGREDIENTS:

6-8 slices of bread (1 loaf of French bread sliced diagonally in 1" thickness or 3-4 large pan de sal, halved)

1tbsp MOLINERA CAPERS

1tbsp MOLINERA BLACK PITTED OLIVES

½ tbsp MOLINERA EXTRA VIRGIN OLIVE OIL

½ teaspoon MOLINERA RED WINE VINEGAR

6-8 anchovies fillet

1/2 red chili sliced thinly

1 tbsp fresh basil chopped finely

salt and pepper

PROCEDURE:

1. In a bowl, mix all the ingredients well except for the bread and anchovies. Let stand for 10 minutes.
2. Toast the bread and spoon the mixture over the bread.
3. Top the bread with the anchovies.

CEASAR SALAD

INGREDIENTS FOR THE DRESSING:

1 cup MOLINERA EXTRA
VIRGIN OLIVE OIL

1 tbsp. fresh lemon juice

1 whole egg

1 egg yolk

1 tsp. salt

2 cloves garlic, chopped

1 tbsp. anchovies

INGREDIENTS FOR THE SALAD:

1 head Romain lettuce,
torn into 2-inch pieces

½ cup Bacon bits

½ cup Croutons

2 tbsp Grated Parmesan cheese

PROCEDURE *(Serves 4)*:

1. Put all the ingredients in a blender. Bring to a continuous blend without pausing.
2. When the mixture has turned creamy, turn off the blender. Do not over beat as the mixture might liquefy.
3. Transfer the dressing into a clean jar and refrigerate until needed.
4. Drizzle the dressing on the the romaine lettuce and toss.
5. Sprinkle crisp bacon bits, croutons and grated Parmesan cheese on top of leaves



TIP:

This salad dressing is a basic variation of my homemade mayonnaise, so it can also keep for a time when properly stored in the refrigerator. The thick leaves of romaine lettuce are the best for Caesar salad, which has a thick consistency and a strong taste.

SHRIMPS IN GARLIC *(Gambas al Ajillo)*

INGREDIENTS:

¼ cup MOLINERA PURE OLIVE OIL

½ kilo shrimps, peeled

½ head garlic, sliced or crushed

2 pcs. chili pepper

1 tsp. chopped parsley

1 tsp. salt

PROCEDURE:

1. In a frying pan, heat MOLINERA PURE OLIVE OIL, then fry the crushed garlic and whole chili peppers.
2. When garlic is lightly browned, add the shrimps and parsley. Stir-fry until shrimps are done, careful not to over cook them. Season with salt.
3. Transfer to a heatproof dish and serve while the oil is still boiling hot.



TIP:

If you want the dish to be extra spicy, slice or cut the chili peppers in halves.

Thursday / BREAKFAST
Cheese Pimiento
Sandwich

LUNCH
Mushrooms al Ajillo
Bikini Sandwich

DINNER
Artichokes with Ham
Pintxo de asparragos
y salmon

CHEESE PIMIENTO

INGREDIENTS:

1 stick (1/2 cup) butter

1 can MOLINERA PIMIENTO
chopped finely

1 cup grated cheddar cheese

PROCEDURE:

1. Place butter in a deep bowl and let stand in room temperature for 10-20 minutes to soften.
2. When the butter is soft, cream the butter.
3. Mix the finely chopped MOLINERA PIMIENTO with the creamed butter
Add the grated cheddar cheese to the butter mixture.
4. Add salt to taste.
5. Spread on sliced French bread or pan de sal



GARLIC MUSHROOMS *(Mushrooms al Ajillo)*

INGREDIENTS:

6 pcs. mushrooms
(Portobello or any big white
mushrooms), washed thoroughly
and drained

¼ cup minced garlic

¼ cup minced parsley

salt

½ cup MOLINERA EXTRA
VIRGIN OLIVE OIL

PROCEDURE *(Serves 2)*:

1. Preheat oven to 150 degrees C
2. Remove the stems from the mushrooms. Lay the caps on a baking tray.
3. Fill the center of the mushrooms (the portion where the stems were removed) with minced garlic and parsley.
4. Sprinkle the mushrooms with salt.
5. Drizzle the MOLINERA EXTRA VIRGIN OLIVE OIL on top of the mushroom caps.
6. Bake in the preheated oven for about 10 minutes. Before serving, drizzle with more MOLINERA EXTRA VIRGIN OLIVE OIL.



TIP:

Do not soak fresh mushrooms in water. If they need cleaning, just rinse lightly then pat dry. Fresh mushrooms have high water content so soaking them in more water will only make them mushy when cooked.

BIKINI SANDWICH

INGREDIENTS:

4 slices of square bread

4 slices of cooked ham
(Purefoods or Santi's square ham)

4 slices of Mozzarella Cheese

Butter

MOLINERA TRUFFLE OIL

PROCEDURE:

1. Spread butter evenly on the bread.
2. Lay the ham inside the 2 slices of bread.
Lay the cheese on the other 2 slices of bread.
3. Drizzle Molinera Truffle Oil lightly on the ham. Pair one ham and bread slice with one cheese and bread slice to make a sandwich.
4. In a skillet, grill the sandwich. Press the sandwich down on the skillet to flatten and toast the bread on both sides.
5. Remove from skillet when bread is golden brown and the mozzarella cheese has melted.
6. Slice the sandwich diagonally in two and serve.



The name Bikini is said to have come from the popular Barcelona nightclub Sala Bikini. The club would serve these ham and cheese sandwiches in the early hours of the morning. The sandwich is popular all over Spain, particularly in Madrid where it is called MIXTO SANDWICH.

ARTICHOKES WITH HAM *(Alcachofas con Jamon)*

INGREDIENTS:

¼ cup MOLINERA EXTRA
VIRGIN OLIVE OIL

¼ cup chopped onions

¼ cup chopped ham
(any kind will do)

1 can 400 grams
MOLINERA ARTICHOKE
HEARTS, cut in quarters

PROCEDURE *(Serves 4)*:

1. In a skillet, heat MOLINERA EXTRA VIRGIN OLIVE OIL and fry the chopped onions.
2. When the onions are tender, add ham. Cover skillet and cook for a few minutes.
3. Add the artichokes. Season with some salt and pepper. Cook for 2 more minutes.
4. Serve as a hot appetizer.

ASPARAGUS AND SALMON WITH DILL MAYONNAISE PINTXO

(Pintxo de Esparragos y salmon con mayonesa de eneldo)

INGREDIENTS:

2-3 slices of bread (French toast sliced diagonally into 1' thickness or 2 large pan de sal, halved)

1 jar MOLINERA WHITE ASPARAGUS

4-6 Slices of smoked salmon

2 tbsp. Mayonnaise

1 teaspoon fresh dill chopped

Salt and Pepper

PROCEDURE:

1. Mix the mayonnaise and half the chopped dill.
2. Heat the oven on broil setting
3. Slice 1 MOLINERA ASPARAGUS vertically in two and place on top of the bread.
4. Top with a slice of smoked salmon and spread the dill mayonnaise.
5. Broil the bread in the oven for 2 minutes. Remove bread from oven and sprinkle the rest of the dill
6. Add salt and pepper to taste.

Friday / BREAKFAST
Quesadilla

LUNCH
Murcian Salad
Arroz a Banda

DINNER
Guisantes con Jamon
(Sweet green peas w/ ham)
Pasta in White Truffle Sauc

QUESADILLA

INGREDIENTS:

6 Large Tortillas
(Village Gourmet brand)

6 Eggs

4 slices of Bacon, chopped

MOLINERA PASATA

1 tsp MOLINERA EXTRA
VIRGIN OLIVE OIL

PROCEDURE:

1. Fry the eggs in 2-3 tbsp oil.
2. Remove one tbsp. oil and fry the bacon in the same pan.
3. Lay out one tortilla and spread Molinera Pasata all over the tortilla.
4. Place one fried egg on one side of the tortilla
5. Top the tortilla with bacon crisps. Fold the tortilla to close.
6. Wipe the excess oil and grits off the skillet.
7. Reheat the skillet and add the MOLINERA EXTRA VIRGIN OLIVE OIL
8. Grill both sides of tortilla until golden brown.
Press with a spatula to close the tortilla.
9. Cut filled tortillas crosswise and serve hot.



MURCIAN SALAD

MURCIAN SALAD *(Ensalada Murciana)*

INGREDIENTS:

1 can MOLINERA WHOLE PEELED TOMATOES, cut in halves

1 can MOLINERA SWEET RED PIMIENTOS, cut in thick slices

1 bottle MOLINERA GREEN OLIVES PITTED, drained

1 bottle MOLINERA BLACK OLIVES PITTED, drained

1 bottle MOLINERA CAPERS IN VINEGAR, drained

1 can tuna (solid in water)

1 cup cubed white onions (bigger than chopped sizes)

1 cup cubed green bell peppers (bigger than chopped sizes)

1 cup MOLINERA EXTRA VIRGIN OLIVE OIL

½ cup MOLINERA WHITE WINE VINEGAR

1 tbsp. salt

2 pcs. hard-boiled eggs

PROCEDURE:

1. In a large mixing bowl, put the MOLINERA WHOLE PEELED TOMATOES, including its juice.
2. Add the sliced MOLINERA SWEET RED PIMIENTOS. Do not include its juice.
3. Drain the MOLINERA GREEN OLIVES, MOLINERA BLACK OLIVES and MOLINERA CAPERS IN VINEGAR and add to the mixing bowl.
4. Flake the tuna then add to the bowl with the cubed onions and green bell peppers.
5. Add the MOLINERA EXTRA VIRGIN OLIVE OIL and MOLINERA WHITE WINE VINEGAR. Season with salt and some pepper.
6. Chill until ready to serve.
7. Before serving, top with sliced hard-boiled eggs.
6. Note: this salad is a bit soupy.



ARROZ A LA BANDA

INGREDIENTS: FOR THE FILLING:

1 tbsp. chopped garlic
½ cup chopped onions
½ cup MOLINERA EXTRA VIRGIN OLIVE OIL
1 (400-g) can MOLINERA CRUSHED TOMATOES
2 pcs. bay leaf
½ tsp. thyme
1 tsp. chopped parsley
2 cloves garlic
pinch saffron (azafran)
½ kilo shrimps, peeled
2 cups shrimp broth (from cooking the heads and shells of shrimps)

1 slice lapu-lapu fillet, cut into pieces
1 slice maya-maya fillet, cut into pieces
1 slice sole fillet, cut into pieces
½ kilo fresh clams, boiled and removed from shells

FOR THE RICE:

2 cups Calrose rice
¼ cup MOLINERA EXTRA VIRGIN OLIVE OIL
2 cups clam broth

PROCEDURE:

1. In a big frying pan, fry the garlic and onions in MOLINERA EXTRA VIRGIN OLIVE OIL. When tender, add MOLINERA CRUSHED TOMATOES, bay leaves, parsley and thyme. Season with some salt. This is the “sofrito”.
2. Using a mortar and pestle, pound 2 cloves of garlic with a pinch of saffron. Add this to the “sofrito”.
3. Pour in the shrimp broth.
4. Add the different types of fish then the clams and shrimps. Season with salt and simmer for 15 minutes.
5. In a paellera, fry the Calrose in ¼ cup MOLINERA EXTRA VIRGIN OLIVE OIL. When grains are well coated with oil, add in the broth from the “sofrito” as well as the clam broth. Lower the heat and cover with aluminum foil to evenly cook the rice.
6. When rice is partly cooked or broth is half gone, add the seafood and continue to simmer until the rice is completely cooked.
7. Serve with Homemade Ali-Oli sauce



FOOD FACT: Arroz a la Banda is a seafood version of the paella. It is usually served as an accompaniment to a main dish. You can also use one type of fish fillet for this recipe

GREEN PEAS WITH HAM *(Guisantes con Jamon)*

INGREDIENTS:

½ cup chopped onions

¼ cup MOLINERA EXTRA
VIRGIN OLIVE OIL

½ cup chopped *Jamón Serrano*

2 cans 400 gms MOLINERA
GREEN PEAS

salt and pepper

PROCEDURE *(Serves 4):*

1. In a skillet, fry the onions in CAPRI EXTRA VIRGIN OLIVE OIL.
2. Add the *Jamón Serrano*.
3. Stir in MOLINERA GREEN PEAS. Season with salt and pepper. Simmer until peas are tender. Serve hot.



FOOD FACT:

This dish, like the Judias Verdes (or Baguio Beans w/ ham) is often served as a first course or as a side dish .

PASTA IN WHITE TRUFFLE SAUCE

INGREDIENTS:

1 stick butter
1 pc. Onion, chopped
1 tsp. Capri Chicken Powder or chicken cubes
1 can Campbell's Cream of Mushroom Soup
1 small pack Nestlè Cream
2 Tbsps MOLINERA TRUFFLE OIL
Salt & Pepper to taste
250 gms Angel Hair Pasta
Grated Parmesan Cheese

PROCEDURE:

1. Boil the Angel Hair pasta, strain and set aside.
2. Melt the butter in a skillet. Add chopped onions.
3. When onions are brown, pour the Campbell's Cream of Mushroom Soup and 1/2 cup of water. Allow to simmer for one minute. If the soup thickens while simmering, add 1 tbsp water until you get the desired consistency.
4. Add the Capri chicken powder and the Nestlè Cream. Turn heat to low. Stir the mixture frequently to prevent it from boiling.
5. When the soup and cream mixtures have blended, turn off the heat. Immediately add the MOLINERA TRUFFLE OIL to the sauce.
6. Immediately pour the White Truffle sauce on the Angel Hair Pasta and serve.
7. Serve the grated Parmesan Cheese on the side.



TIP: To retain the delicate yet delicious flavor of truffle oil, always add the oil when the dish is cooked.

Saturday / BREAKFAST
Pancakes
with Peaches

LUNCH
Almejas a la plancha
Arroz a banda

DINNER
Grilled Broccoli &
Cauliflower in EVOO
Pescado a la Bilbaina
(*Baked Apahap*)

PANCAKES WITH PEACHES

INGREDIENTS:

1 box PANCAKE MIX

1 can of MOLINERA PEACH
HALVES (drained)

PROCEDURE:

1. Prepare the pancakes following the procedure in the box.
2. Chop the Molinera peaches
3. Put the chopped Molinera peaches on top of pancakes
4. Serve with Maple or any pancake syrup.



To make extra fluffy pancakes, add one more egg and separate the yolks from the whites. Add only the yolks to the pancake mix. Beat the egg whites until peaks form. Fold the pancake batter into the beaten egg whites. Cook batter immediately.



ALMEJAS A LA PLANCHA

INGREDIENTS:

1 kilo fresh clams

¼ cup chopped garlic

¼ cup chopped parsley

¼ cup MOLINERA EXTRA
VIRGIN OLIVE OIL

PROCEDURE:

1. Soak the clams for 2 hours in a bowl of water with 1 tbsp salt. This will remove the sand and dirt inside the shell. Drain and rinse well.
2. In a bowl, mix the chopped garlic, parsley, and MOLINERA EXTRA VIRGIN OLIVE OIL
3. In a skillet, grill the fresh clams to open their shell.
4. Pour the MOLINERA EXTRA VIRGIN OLIVE OIL and herb mixture on the cooked clams. Continue stirring until the clams are all fully opened. Do not over cook.
5. Immediately remove from heat and serve.



This is very good for a first course or appetizer.

ARROZ A LA BANDA

INGREDIENTS: FOR THE FILLING:

1 tbsp. chopped garlic
½ cup chopped onions
½ cup MOLINERA EXTRA VIRGIN OLIVE OIL
1 (400-g) can MOLINERA CRUSHED TOMATOES
2 pcs. bay leaf
½ tsp. thyme
1 tsp. chopped parsley
2 cloves garlic
pinch saffron (azafran)
½ kilo shrimps, peeled
2 cups shrimp broth (from cooking the heads and shells of shrimps)

1 slice lapu-lapu fillet, cut into pieces
1 slice maya-maya fillet, cut into pieces
1 slice sole fillet, cut into pieces
½ kilo fresh clams, boiled and removed from shells

FOR THE RICE:

2 cups Calrose rice
¼ cup MOLINERA EXTRA VIRGIN OLIVE OIL
2 cups clam broth

PROCEDURE:

1. In a big frying pan, fry the garlic and onions in MOLINERA EXTRA VIRGIN OLIVE OIL. When tender, add MOLINERA CRUSHED TOMATOES, bay leaves, parsley and thyme. Season with some salt. This is the “sofrito”.
2. Using a mortar and pestle, pound 2 cloves of garlic with a pinch of saffron. Add this to the “sofrito”.
3. Pour in the shrimp broth.
4. Add the different types of fish then the clams and shrimps. Season with salt and simmer for 15 minutes.
5. In a paellera, fry the Calrose in ¼ cup MOLINERA EXTRA VIRGIN OLIVE OIL. When grains are well coated with oil, add in the broth from the “sofrito” as well as the clam broth. Lower the heat and cover with aluminum foil to evenly cook the rice.
6. When rice is partly cooked or broth is half gone, add the seafood and continue to simmer until the rice is completely cooked.
7. Serve with Homemade Ali-Oli sauce



TIP: Arroz a la Banda is a seafood version of the paella. It is usually served as an accompaniment to a main dish. You can also use one type of fish fillet for this recipe.

GRILLED BROCCOLI & CAULIFLOWER IN EVOO

INGREDIENTS:

½ kilo Broccoli

½ kilo Cauliflower

1 cup MOLINERA EXTRA
VIRGIN OLIVE OIL

Salt

PROCEDURE:

1. Cut Broccoli and Cauliflower to pieces. Boil all the vegetables but do not over cook. Drain.
2. In a grilling plate, pour Molinera EVOO until hot. Then grill all the cooked vegetables making sure that each piece gets the flavor of the olive oil.
3. Sprinkle rock salt all over. Serve

BAKED APAHAP *(Pescado a la Bilbaina)*

INGREDIENTS:

1 pc. fresh Apahap
(about ½ kilo weight)

½ cup chopped garlic

2 pcs. red chili (*sili labuyo*),
chopped and seeded

¼ cup freshly squeezed lemon juice

½ cup MOLINERA EXTRA
VIRGIN OLIVE OIL

Rock salt or fine salt

Chopped parsley

PROCEDURE:

1. Wash and clean Apahap very well.
2. Rub rock salt all over the fish.
3. Spray a baking dish with oil, put fish in the dish and set aside.
4. In a skillet, heat 1tbsp Molinera Extra Virgin Olive Oil and brown 1/4 chopped garlic and set aside.
5. Pour remaining Molinera Extra Virgin Olive Oil and the cooked garlic on top of the fish.
6. Bake the fish for 20 minutes in 200 °.
7. While the fish is baking, brown the remaining chopped garlic in MOLINERA EXTRA VIRGIN OLIVE OIL with the chopped chili.
8. Add the lemon juice and a pinch of salt.
9. When fish is cooked, remove from oven and immediately pour the garlic chili mixture on top of fish.
10. Sprinkle the parsley on top for garnishing and serve.

Sunday / BREAKFAST
Crepes with
Molinera Marmalade

LUNCH
Fresh seafood salad
(*Salpicon de Mariscos*)
Braised Lamb Shanks

DINNER
Seafood Soup
(*Use all broth from the seafood
used in salad for lunch*)
Lentil Salad

CREPES WITH MOLINERA MARMALADE

INGREDIENTS:

1 box ready mix pancakes or crepes

1 bottle of Molinera Marmalade
(peach flavor or strawberry)

Whipped cream or Vanilla icecream
(Optional)

PROCEDURE:

1. Cook the pancakes following the procedures in the box.
2. To make crepes using pancake ready mix, add two tbsps water.
3. Spread the batter thinly over a non-stick pan. Once the mixture starts to bubble, flip over.
4. Place cooked crepe on a plate and spread Molinera marmalade on one side of the crepe.
5. Fold the crepe like a kerchief.
6. Put whipped cream or a scoop of vanilla ice cream on top of the crepe.



Children can make this dish with the proper supervision of an adult. Sliced banana or mango cubes can be added to the crepes as garnish

FRESH SEAFOOD SALAD

INGREDIENTS:

1 kg fresh clams (halaan)
½ kg fresh squid, sliced into rings
½ kg fresh shrimps
12 pcs New Zealand Mussels
1 cup chopped green bell pepper
1 cup chopped fresh tomatoes
1 cup chopped onions
1cup MOLINERA EXTRA
VIRGIN OLIVE OIL
½ cup CAPRI WHITE WINE
VINEGAR

PROCEDURE:

1. Boil the clams, squid, and shrimps separately in salted water. Do not put too much water so as not to dilute the flavor of the fresh seafood and be careful not to over-cook them.
2. Just blanch the mussels as they are already half-cooked.
3. Set aside the seafood broth for other dishes
(*Like Seafood soup page 122*)
4. Remove the clams and mussels from the shells and peel the shrimps.
5. Combine the cooked seafood in a bowl.
6. Add chopped green bell pepper, tomatoes, and onions. Toss to blend.
7. Add MOLINERA EXTRA VIRGIN OLIVE OIL and CAPRI WHITE WINE VINEGAR. Season with salt and pepper.
8. Chill until ready to serve.

BRAISED LAMB SHANKS

INGREDIENTS:

4 pcs. whole lamb shanks (available in Santi's or Tenderbites Meat Shop)

2 cans MOLINERA CHOPPED TOMATOES

¼ cup red wine

2-3 cups water (enough to cover all the meat)

4 stalks of celery cut into 2" pieces

4 stalks onion leeks, washed well

2 bunches of parsley washed and dried

1 tsp Sage

1 tsp. Thyme

½ kilo carrots cut into 2" pieces

salt and pepper to taste

PROCEDURE:

1. In a big pot, put all the first 7 ingredients and let boil.
2. Once it starts to boil, lower the heat.
3. When lamb shanks are tender, add the carrots, sage and thyme.
4. Add salt and pepper to taste.
5. Continue cooking uncovered until sauce starts to thicken and the lamb shanks fall off the bone.
6. Turn off the heat and remove the celery, onion leeks, and parsley from the pot.
7. Leave only the sauce, the meat and carrots and serve hot.

SEAFOOD SOUP *(Sopa de Mariscos)*

INGREDIENTS:

½ cup MOLINERA PURE OLIVE OIL	4 cups shrimp broth (from boiling the head and peel of shrimps)
¼ cup chopped garlic	4 cups fish broth
½ cup chopped onions	4 parsley sprigs
½ cup chopped green bell pepper	3 cloves garlic (for saffron paste)
1 kilo clams (<i>halaan or tulya</i>)	pinch saffron (<i>azafran</i>)
½ kilo shrimps, peeled	1 tsp. paprika (<i>pimenton</i>)
½ kilo squid, cut into rings	salt and pepper
2 pcs. fish fillet (<i>maya-maya or lapu-lapu</i>), cut in cubes	
1 (400-g) can MOLINERA DICED TOMATOES	
1 (200-g) can MOLINERA SWEET RED PIMIENTOS, chopped	

PROCEDURE *(Serves 4)*:

1. In a deep casserole, heat MOLINERA PURE OLIVE OIL then saute garlic, onions, and green bell pepper.
2. Add clams, shrimps, squid and cubed fish to the saute mixture. Season with some salt. Let simmer.
3. Add MOLINERA DICED TOMATOES and MOLINERA SWEET RED PIMIENTOS to the mixture. Let simmer.
4. Pour in shrimp and fish broths. Add the parsley sprigs. Cover the pot and let simmer.
5. With a mortar and pestle, pound the garlic, chopped parsley and saffron until it forms a paste. Add the paste to the soup.
6. Add paprika and continue simmering. Season with salt and pepper.
7. Before serving, remove the parsley sprigs.



TIP:

You can also add a cup (or two) of Fideos, tiny, fine noodles to this soup, towards the end of cooking. Kids will love this noodles. You can get fideos in any Spanish delicacy store. If you do not have Fideos, cut up angel hair pasta into small pieces and add to the soup.

LENTIL SALAD

INGREDIENTS:

1 Jar MOLINERA lentils
4 Medium tomatoes Chopped
1 Zucchini Chopped
½ Onion Chopped
½ Cup of Finely Chopped Parsley
150gm Feta Cheese crumbled
Juice from 1 squeezed Lemon
20 MOLINERA WHOLE
BLACK OLIVES
1 Clove of garlic Chopped
2 tbsp MOLINERA EXTRA
VIRGIN OLIVE OIL
Salt and Pepper to taste

PROCEDURE:

1. Drain the lentils and transfer to a bowl
2. Add the the tomatoes, zucchini, Onion, Parsley and toss well.
3. Add the Feta Cheese and the MOLINERA BLACK OLIVES.
4. Add the MOLINERA EXTRA VIRGIN OLIVE OIL, Lemon Juice, Salt and Pepper.
5. Mix all ingredients and let rest for least 15 minutes to 1 hour in the refrigerator and serve.



Bringing Spanish flavors to the Filipino table: THE ESPA-FIL BRAND STORY

Espa-Fil was started by Español Pablo Garcia-Moreira and Filipina Marilou Abesamis Bautista, a loving and successful couple, whose courtship began in Spain. The smitten Pablo followed Marilou to Manila and also fell in love with the place.

Pablo's first business venture in the Philippines was Superstar Trading, which distributed gas and household appliances. With his keen sense of business, he saw the opportunities in food distribution. Food products after all, hardly went out of fashion. Pablo observed that the Filipino culinary tastes were evolving and their palates were adjusting to international flavors. Pablo approached Miguel Angel Hernandez Perez, a Spaniard who was married to a friend of Marilou, Nona Panlilio. Miguel owned MOLINERA, one of the biggest canning factories in Murcia, Spain. Pablo offered to be the exclusive distributor of the MOLINERA products in the Philippines.

On September 14, 1987, Espa-Fil was established to bring to the Philippines top quality food products from Spain. The following year, the first container of MOLINERA products: canned peaches, pears, tomatoes, pimientos, juices, and vegetables arrived in Manila.

In 1991, Espa-Fil added the prestigious Carbonell brand from Spain to its portfolio. Aside from the canned fruits and vegetables of Molinera, the company had olive oil, salad vinegars, and olives from Carbonell, an internationally known brand of olive oil. In 1992, the Garcias sold Superstar Trading and concentrated on growing the

Espa-Fil business. The following year, they imported quality wines from J. Garcia-Carrion, Spain's number one wine producer. This is the company behind the famous Don Simon wines.

In 2001, the brand Capri was born. The Italian-made Capri had the same product line as Molinera.

The year 2003 saw Espa-Fil expanding into non-food items like the Arrixaca brand of household cleaning products. In 2004, the Trompy personal care brand was introduced and their baby shampoo, lotion, liquid soap and cologne entered the Philippine market. The following year, the company brought in Mery and Genie cleaning materials.

To cater to the company's institutional food and beverage clients, Espa-Fil brought in the Trofeo brand of industrial-sized olive oils and canned tomatoes for hotels and restaurants.

Today, Espa-Fil is the primary supplier of the best quality ingredients to restaurants, hotels, resorts and supermarkets. MOLINERA, CAPRI, DON SIMON and TROFEO have now become the most reliable brands for olive oils, olives, wines, wine vinegars and canned fruits and vegetables.

What's more, Espa-Fil's products are used by restaurants and hotels whose standards for flavor and texture are very high. Through our canned products, homemakers get the same impeccable quality of the ingredients for their home-cooked meals.

Now on their 30th year, the management and staff of ESPA-FIL reaffirm their commitment to provide their customers and the public with the finest products produced in a consistently efficient service for utmost consumer satisfaction.

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GLOSSARY

Anchovy – small fish that is often filleted, cured and canned in oil

Artichoke hearts – the fleshy portion of the artichoke that is often canned or bottled in brine or oil

Bacalao – dried salted cod

Balsamic vinegar – Italian vinegar made from white Trebbiano grapes

Calrose rice – short-grain rice with high starch content

Capers – flower buds that are sundried then pickled in brine made with vinegar, some are also cured in salt before being packed in brine

Chickpeas – also called garbanzos, these legumes are irregularly round with one end being slightly pointed. Chickpeas can be bought dried or canned in brine.

Chistorra – fresh pork sausage

Chorizo – highly seasoned cured pork sausage

Cocktail onions – mild-flavored pickled pearl onions

Cointreau – orange-flavored liqueur

Dulong – a local variety of very small fish that is typically cooked into an omelet

Extra virgin olive oil – the finest and fruitiest of the oils pressed from top quality olives

Fideos – very fine noodles often used for soups

Filo pastry – paper-thin layers of pastry dough used in making popular Mediterranean pastries like the baklava

Foie gras – goose liver

Jamon serrano – Spanish ham that is traditionally cured in the mountains for 7 to 13 months

Leche flan – local custard flan

Morcilla – blood sausage, a black-colored cooked sausage

Olives – the fruit of the olive tree fermented in brine. Bottled or canned olives are available pitted (with the seed removed) or unpitted, and may be green or black. There are also variants that are stuffed – with pimientos, almonds, anchovies or jalapeño peppers.

GLOSSARY

Paprika – ground sweet pepper; pimenton is Spanish paprika made from peppers that are smoked and dried, giving it a nice smoky quality.

Pimiento – the word is Spanish for “pepper” but often refers to canned or bottled red sweet peppers

Pomace olive oil – oil that comes from the last pressing of olives; it does not have the flavor and aroma of other types of olive oil so is often mixed with some virgin olive oil

Portobello mushrooms – large, meaty, dark brown mushroom

Romaine lettuce – also called cos lettuce, this salad green has long elongated leaves that are dark green at the ends with a white midrib

Saba – local cooking banana

Saffron – yellow-orange stigmas from the crocus flower; it gives a yellow color to dishes like the popular Paella

Spreadable butter – butter that is aerated so it stays soft and spreadable even when cold

Sundried tomatoes – ripe red tomatoes that are dried then packed in oil or vacuum-packed dry. The drying gives the tomatoes an intense flavor and a nice chewy texture.

Virgin olive oil – very similar to extra virgin olive oil but the olives used may not be of the same high quality

EASY SPANISH COOKING
By Marilou B. Garcia'Morera

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