

Name: \_\_\_\_\_

## Menu

- Red Wine Sangria (*Pg. 3*)
- Potato and Leek Tortilla (*Pg. 4*)
- Olive Tapenade with Cream Cheese and Vegetable Sticks (*Pg. 5*)
- Spanish Tomato Baguette with Raw Ham (*Pg. 6*)
- Spanish-style Chickpea, Chorizo and Parsley Sauté (*Pg. 7*)
- Shrimp & Mushrooms with Sizzling Garlic Oil (*Pg. 8*)
- Octopus with Lemon and Garlic (*Pg. 9*)
- Chocolate Covered Strawberries (*Pg. 10*)
- Coffee & Tea



**Shopping List****For 10 people. Please adjust!**

- Apples 3
- Baguettes 2
- Black olives (pitted) 1 tin
- Black pepper
- Brandy 1/2 cup
- Butter
- Button mushrooms 40
- Capers 2 tablespoons
- Carrots 2
- Celery sticks 2
- Cherry tomatoes 1 pack
- Chickpeas 1 can
- Chilled soda water 1 litre
- Chilli peppers (dried) 6
- Chocolate 3 small blocks
- Chorizo sausages 5
- Cream cheese 1 block
- Cucumbers 2
- Dried figs
- Eggs 8
- Garlic 1 large bulb
- Ginger ale 1 bottle
- Green chillies (fresh, mild) 2
- Leeks 2
- Lemons 4
- Lime 1
- Octopuses (pre-boiled) 2
- Olive oil
- Onion 1
- Orange juice 2 cups
- Oranges 3
- Oregano (fresh) 3 tablespoons
- Parsley (fresh) 1 bunch
- Pepper
- Potatoes 4 medium
- Raw ham 6 slices
- Red wine 2 bottles
- Red wine vinegar
- Sage 2 tablespoons (or 1.5 teaspoons dried sage),
- Salt
- Shrimps (peeled, raw, medium size) 40
- Strawberries 1 punnet
- Sugar
- Tomatoes (ripe) 4
- Walnuts

### Red Wine Sangria

#### Ingredients

- 3 apples
- 3 oranges
- 2 lemons
- Juice of 1 lime
- 1/4 cup sugar
- 1/2 cup brandy
- 2 cups orange juice
- 2 bottles of red wine
- 4 cups chilled soda /sparkling water
- Ginger ale ( for fruity Sangria)

#### Directions

1. Cut the fruit into wedges or thin slices. Leave the peels on.
2. Combine everything except the sparkling water in a large plastic container or glass pitchers.
3. Cover and chill completely for about 1 hour.
4. When ready to serve, add the sparkling water.

### Fruity Sangria

Same recipe as above, but replace red wine and brandy with ginger ale.

## Potato and Leek Tortilla

### Ingredients

- Butter or oil for frying
- 1-2 leeks, thinly sliced
- 3-4 medium sized potatoes peeled ,cooked and cooled
- 8 eggs
- 2 tablespoons sage, finely chopped (or 1.5 tsp dried sage), optional
- Salt and pepper for seasoning

### Directions

1. Melt the butter in a large nonstick frying pan, then cook the leeks for about 5 mins until soft.
2. In a large bowl, beat the eggs, salt and pepper until blended. Stir in the sage.
3. Cut the potatoes in half, then into slices about ½cm thick.
4. Add a little extra butter or oil to the pan if needed, add the potatoes, then the egg mixture.
5. Turn the heat to low, then cook for 10 mins until nearly set.
6. Place under a hot grill, then cook until the top is set and golden ( 5-10 mins).
7. Place a large dinner plate on the frypan and flip onto the plate.
8. Let cool a little and cut into wedges
9. Serve with mayonnaise or garlic aioli.

## Garlic Aioli

### Ingredients

- Mayonnaise
- Garlic
- Lemon juice
- Salt and pepper to taste

### Directions

Mix mayonnaise, garlic and lemon juice. Add salt and pepper to taste.

## Olive Tapenade with Cream Cheese and Vegetable Sticks

### Ingredients

- 1 clove garlic, peeled and coarsely chopped
- 1 tin pitted black olives
- 2 tablespoons capers
- 3 tablespoons chopped fresh parsley
- 2 tablespoons lemon juice
- Lemon zest
- 2-3 tablespoons olive oil
- salt and pepper to taste
- Dried figs chopped
- Walnuts chopped
- Block of Cream cheese
- 2 carrots, peeled and cut into sticks
- 2 cucumbers, cut into sticks
- 2 celery sticks, cut into sticks
- 1 packet of cherry tomatoes

### Directions

1. Place the garlic cloves into a blender or food processor; pulse to mince.
2. Add the olives, capers, parsley, lemon juice, and olive oil
3. Blend until everything is finely chopped.
4. Season to taste with salt and pepper.
5. Spread roughly over cream cheese and garnish with figs and walnuts.
6. Serve with Vegetable sticks and Cherry tomatoes.

### Spanish Tomato Baguette with Raw Ham

#### Ingredients

- 4 ripe tomatoes, chopped
- 1 garlic clove, finely chopped
- 3 tablespoons olive oil
- Salt and pepper
- 20 slices of baguette
- 5-6 slices Raw ham

#### Directions

1. Mix together the chopped tomatoes, garlic clove, olive oil, salt and pepper.
2. Keep in the fridge until needed.
3. To serve, toast 20 slices of baguette. Spoon a little tomato topping on to each piece of toast. Tear 5-6 slices of raw ham into pieces and put one piece on each slice of bread.

## Spanish-style Chickpea, Chorizo and Parsley Sauté

### Ingredients

- 4-5 chorizo sausages, sliced
- 1/2 medium onion
- 1 tablespoon olive oil
- 1 can chickpeas, drained and rinsed
- 200ml red wine
- handful chopped parsley

### Directions

1. Heat 1 tbsp olive oil in a nonstick frying pan over a medium heat
2. Add chorizo and cook for 3-5 minutes until it begins to crisp.
3. Add onion and gently sauté for 5 minutes until soft.
4. Pour in red wine and bubble for 5 minutes until reduced.
5. Stir in chickpeas and gently warm through for 2 minutes
6. Fold through parsley.
7. Season with salt and pepper to taste.

## Shrimp with Sizzling Garlic Oil

### Ingredients

- 40 medium-size raw, peeled shrimp
- 8 tablespoons olive oil
- 4 cloves garlic, sliced crosswise
- 3 dried chilli peppers, sliced in half and seeds removed
- Chopped parsley
- Pinch of salt

### Directions

- Place the oil in a skillet with the sliced garlic and chili.
- Heat until the garlic begins to turn golden.
- Add the shrimp in a single layer. Stir while cooking until pink (30 ~ 40 seconds).
- Remove pan from the heat.
- Sprinkle with parsley and salt. Serve warm with bread.

## Mushrooms with Sizzling Garlic Oil

### Ingredients

- 40 button mushrooms ,halved
- 8 tablespoons olive oil
- 4 cloves garlic, sliced crosswise
- 3 dried chili peppers,sliced in half and seeds removed
- 1 tablespoon of lemon juice
- Chopped parsley
- Pinch of salt

### Directions

- Place the oil in a skillet with the sliced garlic and chili.
- Heat until the garlic begins to turn golden.
- Add the mushrooms in a single layer. Cook for about 2 minutes, stirring regularly.
- Add lemon juice.
- Remove the pan from the heat.
- Sprinkle with parsley and salt. Serve warm with bread.



## Octopus with Lemon and Garlic

### Ingredients

- 2 pre-boiled octopuses
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 garlic clove, crushed
- 2 tablespoons of red wine vinegar
- 2 mild fresh green chillies, sliced into sticks
- 1 teaspoon sugar
- Black pepper
- 3 tablespoons of fresh herbs (oregano is a good match), chopped

### Directions

- Cut octopus into 5mm slices.
- Combine all other ingredients and pour over the sliced octopus.
- Chill ( for as long as possible - up to 3 hours ) until ready to serve.

## Chocolate Covered Strawberries

### Ingredients

- 1 punnet of Strawberries, washed and dried very well
- 3 Blocks of Chocolate broken into small pieces

### Directions

- Fill a medium saucepan with 3 inches of water and bring to a simmer over medium heat.
- Turn off the heat; set the bowl of chocolate over the water to melt.
- Stir until smooth.
- Once the chocolate is melted and smooth, remove from the heat.
- Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl.
- Set strawberry on waxed paper.
- Repeat with the rest of the strawberries

### Quantity Reference

1 teaspoon ≈ 5ml

1 tablespoon ≈ 15ml

1 cup ≈ 250ml