

Here you have some of the most traditional Spanish recipes: You have a wide variety of recipes from different regions: Galicia, Castilla, Andalucia, Valencia.

STARTERS

MIGAS MANCHEGAS

INGREDIENTS FOR 6 PEOPLE:

- 500gr of stale bread
- ¾ cups of water
- ½ cups of olive oil
- 1 chorizo
- 1 head of garlic
- Salt to taste

HOW TO DO IT:

1. Cut the bread into fine pieces, then place them in a large and deep pan. Dissolve the salt in the water and pour the mixture over the pieces of bread, almost like a rain so that the water is distributed completely.
2. Cut the chorizo into thin slices. Fill another pan with a centimeter layer of oil and fry the chorizo until it begins brown. Remove the chorizo with a slotted spoon from the pan and place it in some paper towels.
3. Peel the garlic and leave the cloves whole and add them to the pan with the chorizo and leave them to brown.
4. Add the bread and stir with the same slotted spoon until the pieces are filled with fat.
5. Start to chop up the pieces of bread with the spoon.
6. When the bread is cut and soaked with the fat from the chorizo, add the chorizo back to the pan once again and continue to cook.
7. Check the salt level and add if needed. Once the bread has turned into crumbs, allow them to sit in the pan without moving so they can begin to fry and brown.

TIP: you can accompany it with a fried egg and grapes.

It is a typical dish in the central area of the country. it is a very elaborate and time consuming dish to prepare, it takes a long time to make, so it is made on weekends.



Cristina Merello

TUMBLLED POTATOES WITH TORREZNOS:

This typical meal is very representative from Ávila where they eat it with torreznos (a type of meat similar to bacon but thicker) on Sundays or with some friends in a bar in the middle of the morning.

Now we will see how you will do it and what you will need:

INGREDIENTS:

→ For the tumbled potatoes:

1. Potatoes
2. Water
3. Bay leaf
4. Salt
5. One Garlic and red pepper

→ For the torreznos:

1. Oil

STEPS:

To start, we will put the potatoes in boiling water with a bay leaf and a bit of salt, leave them boiling slowly.

Once this is done we will put the torreznos, we have to fry them in a pan with a lot of oil over high heat, first in the part of the crust to make it more crunchy, when bubbles come out it will be ready to fry on the sides. When they are completely done we take them out and let them drain on a plate with kitchen paper to absorb the remaining oil.

In the oil that remains in the pan we add some garlics cut into small slices and a little of red pepper. We remove the potatoes from the water when they are soft and in a bowl next to them we pour the oil from the pan in addition to a little of the water from the potatoes so that they do not remain dry.

The dish is finished!! Mix in your mouth the flavor of the tumbled potatoes and the torreznos to enjoy this typical Spanish food even more.



This is my mum's recipe

[Luz Vaquero Ucedo](#)

PAELLA from VALENCIA

Ingredients:

25 g of extra virgin olive oil

Salt

250 g of rice

½ kg of chicken

250 g of rabbit

180 g green beans

100 g of garrofón

200 g of tomato sauce

3 chicken livers

½ spoons of sweet paprika

1 spoon of saffron threads

2 branches of rosemary

Water

Colorant

Salt

Lemon

The paella (or paella pan) must be 36cm

Instructions:

First we have to cook the chicken and the rabbit. We add the oil to the pan. Then, when it is hot we add some salt (we do this step so that when we add the meat, it doesn't splash us).

We add the chicken and the rabbit, with a little salt. We fry the meat until it is lightly browned, that is when we add the chicken livers to the paella (put them as far as possible in the paella so that it does not splash on you) and add some more salt. We continue to fry until the meat is well browned.

We add the garrafon and the green beans to the paella.

If the garrofon is dry, we have to soak it overnight with water to hydrate it. We drain the garrofon, remove the remains of the green beans and cut each bean into three pieces (we can do it by hand).

Add the vegetables, add a little salt and fry it. Add the tomato sauce and keep frying it.

Then, we add water and species.

On one side of the paella we toast the saffron and we stir.

We have to add the sweet paprika and stir immediately so that it does not burn. Then we add the water to cover the rivets of the handles

When it starts to boil, add the coloring to taste and the rosemary (we will remove it for a few seconds before adding the rice)

When the paella broth has cooked for 25 minutes, remove the rosemary and we will see that the broth will be just below the rivets of the handles.

We pour the rice

The time has come; we add the rice, distributing it well over the paella and letting it cook for 18 minutes, the first 5 minutes over high heat, the remaining 13 over medium-low heat. After that, we turn off the heat and let it rest for 5 minutes, covered with kitchen napkins.



This food is one of the most iconic dishes from the Spanish cuisine. It comes from Valencia, a Spanish community located in the eastern part of Spain, next to the Mediterranean sea and it includes vegetables from the Valencian area, that's what makes it so special.

Families and friends usually meet and order or even prepare their own paellas usually during weekends and holidays, most of the time during spring and summer time, when they can take the paella (that's how the pan is called) outside and prepare it while they talk, laugh and share.

At last, when the paella is ready everybody gathers around the table and eat.



(Photo of paella from last summer)



(photo taken 1st
May 2021)

Sources:
Pequerecetas.
(2020). Cómo hacer
paella valenciana (la

mejor receta). <https://www.pequerecetas.com/receta/paella-valenciana/>
[José Oreja Hernández](#)

Andalusian Gazpacho

Ingredients:

1 kg of tomato
1 italian green pepper
1 cucumber
1 garlic
50 ml of olive oil
50 g of bread
250 ml of water
5 g of salt
30 ml of Jerez Vinegar

Instructions:

First we chop all the ingredients as it is said in the ingredients part and add 50 ml of olive oil, 250 ml of water from the refrigerator and 50 ml of Jerez vinegar, crushing everything in a blender. It is not necessary to peel the tomatoes or peppers because then we are going to pass them through a sieve.

If you have a Thermomix you can put all the ingredients in the glass and crush them at maximum speed for 4 minutes to obtain a perfect texture. Once crushed, we pass the resulting gazpacho through the strainer, pressing with a ladle so that we obtain a cream without skins or seeds and we put it in the fridge for a couple of hours to cool it down.

Once the gazpacho is cold, we can enjoy a cold glass or bowl of refreshing and healthy tomato juice in our meals.



(Photo of today's gazpacho in my house)

As I previously mentioned, Gazpacho is a common Spanish dish, a cold soup, which is usually taken during spring and summer time, since it is served cold and it is a very refreshing and nutritious food.



Bibliography:

Pakus. (12 de junio de 2014). Receta de Gazpacho Andaluz Tradicional.

<https://www.directoalpaladar.com/recetas-de-sopas-y-cremas/receta-de-gazpacho-andaluz-tradicional>

[José Oreja Hernández](#)

- Salmorejo recipe -

Salmorejo is a tomato soup that is typical, mostly, in the south of Spain

Ingredients:

- 1 kg of tomatoes
- 150 ml of extra virgin olive oil
- 1 clove of garlic
- 200 gr. of bread (crumbs)
- Vinegar
- 10 gr. of salt
- Serrano Ham (optional)
- Hard-boiled egg (Optional)

Procedure:

The ripe tomatoes are crushed with the garlic, then the bread, vinegar and salt are added, and they are crushed again, finally, oil is added and stirred again. Its texture should be similar to puree.

In addition, a little bit of Serrano ham and hard-boiled egg are chopped, and when serving the dish, put a little on top. With these measurements, six dishes will come out.



- Sources -

- My mum
- <https://lacocinademercheborjas.com/2019/06/salmorejo-cordobes.html>
- <https://spanishsabores.com/antonias-salmorejo-recipe/>

[Sofía Martínez Hernández](#)

MAIN COURSES

As the Spanish omelette recipe is very controversial because everybody knows how to cook it but everybody adapts the recipe to their own taste, you will have the recipes by different families.

Potatoes omelette

(6 people)

Ingredients:

- 6 potatoes
- 2 small zucchinis
- 1 onion
- Olive oil
- Salt
- 7 eggs

Recipe:

1.- You peel the potatoes and you cut them in thin sheets.



2.- You peel the onion and cut it in juliennes (thin).



3.- You peel the zucchinis and you cut them as well in thin sheets.

4.- In a big pan, we put the olive oil and we poach the onion.



5.- We add the potato and we fry it over low heat.

6.- Before it ends frying, we add the zucchini and a little salt. (Aprox. 30 min)



7.- Once it is done, we take the mixture and remove the resting oil, saving it in an apart bowl.

8.- In another bowl we add and shake seven eggs until all of them are homogeneous.



9.- We add the mixture of the potatoes to the beaten egg and we mix it well.



10.- With the oil we saved, we put it in the pan.

11.- Once it's hot enough, we add the mixture to the pan and we let it cook a low fire.



(We have to be careful at the time we flip it).



[Julia García Díaz](#)

SPANISH O M E L E T T E :

The omelette is a very traditional dish in Spain, it is a food that can't be missed in a family meal, birthday or some celebration. Furthermore, it is very easy to cook so try it

In specific I'm going to show you my grandfather's recipe:

INGREDIENTS:

1. Potatoes: 3 large or 5 medium
2. Uno big onion
3. A quarter of a zucchini
4. 5 eggs
5. A bit of milk

STEPS:

First of all, we will prepare all the ingredients, for this we must cut the onion and the zucchini into very small pieces. Then we will put the potatoes cutted in slides in a pan with oil, when they have already fried a little is the moment to put the vegetables and they will finish browning together. On the other hand, in a different bowl we will beat the eggs until they have fuam, later we will add a small jet of milk to give texture in addition to salt.

Once both mixtures are prepared, we throw the eggs into the pan with the potatoes and the vegetables to let it cook very well from the bottom. The most difficult moment of this recipe is when you have to turn it over, we take a plate to put it on top of the pan upside down and we turn it over, we pour the omelette back into the pan to cook on both sides.



Luz Vaquero

Spanish omelette



Ingredients:

2 potatoes
3 eggs
Onion (optional)
Oil
Salt

Preparation:

Peel the potatoes and cut into slices. If you want you can add onion, pepper, cheese ...
Sprinkle with salt and fry in hot olive oil until they start to brown.

Beat the eggs with a little salt. Mix with the potatoes. Put a small amount of oil in the pan and heat. Put the mixture in the pan and cook until they start to brown. Do not cook so much or it will dry out.

When it is ready on one side, with the help of a plate, turn it over and cook the other side. And it's ready.

Covadonga Ting Garrobo

Spanish omelette

The one cooked by my grandmother: Is one of the best dishes in Spanish gastronomy and is made with onion, potato, eggs, salt and oil.

Every month my grandmother makes me and my brother one of these delicious omelettes and I personally love it.

First of all you have to cut the potatoes in very small pieces and leave them in water. Then, we put the potatoes in a pan with some oil. After ten minutes, we take off the oil from the potatoes and add the onion and the beaten eggs. We mixed up everything and at the end another drizzle of oil. And we have our delicious omelette by my grandmother



[Guillermo Núñez García](#)

Croquettes

It is an amazing type of food that is extremely delicious. It consists of a mixture of bechamel and meat that we put in spheric form and then we fry it. We can put it with bacon, chicken, ham, or even vegetables. It is a meal typical in Spain, usually for “tapas”. Personally, in my family, we usually eat it as side food or for dinner only as it is not really heavy to eat. I am actually not sure why other countries haven’t taken in this meal, maybe it is because you take a long time in order to prepare it.

Of course the best are home made and it is one of the children’s favs



GALICIAN-STYLE OCTOPUS

It is a representative dish of gastronomy in Spain, it is typical in the region of Galicia. The quality of this dish depends a lot on the quality of the octopus and its cooking.

Ingredients for 4 people:

- Octopus of around 2 kg
- 5 potatoes
- Extra virgin olive oil
- Salt
- Paprika



1st - Put water in a large pot. When the water is hot and starting to boil, then take

the octopus by the head and dive it three times to "scare it".

2nd - Boil the octopus for 30 minutes for every 2 kg, and leave it to rest for another 10 minutes.

3rd - Cook the unpeeled potatoes with a little salt, then peel and cut.

4th - Cut the tentacles into 1 cm pieces and the head in small pieces. It is usually served on a plate made of wood with a little of the cooking water, and a potato base.

5th - Salt the pieces of octopus with coarse salt, sprinkle the paprika, it can be sweet or spicy, and the olive oil.



[Pulpo Gallego: A Galician-Style Octopus Tapa](#)



Luna Rodríguez

[Galician octopus recipe or octopus a feira](#)

Fried anchovies (boquerones)



Ingredients:

400g boquerones
Flour
Oil
Salt
Lemon or lime (optional)

Preparation:

Wash the anchovies and then drain. Later, add flour and salt. Remember to take out the excess flour.

Fry in hot oil until they start to brown. To finish, you can add a splash of lemon.

Covadonga Ting Garrobo

Typical Spanish fabada

Ingredients:

500 g of beans from
Asturian chorizo
250 g of cured bacon
1 onion
Water
Salt

Elaboration recipe of fabada asturiana:

1. Firstly, you wash the beans in cold water. Later, you have to drain, the ideal is to soak for 12 hours.
2. Secondly, you toss with the same water, put into a casserole with 2 or 3 fingers of water.
3. Thirstly put the water and the beans in strong heat, until the water starts.
4. When the water starts boiling, add the bacon and the chorizo, at that moment put the chopped onion into the casserole and lower the heat, later stir it up, be careful not to break the beans.
5. 1 hour later add one glass of cold water to stop the boil and boil 1 hour more and do it twice.
6. Add salt to taste.

If it is special because of the same reason because it is typical, that is that the people used to eat a lot in the civil war, it is usually in winter or autumn and you eat it because it is cold.



[Ricardo Blanco Calleja](#)

Desserts

Maria cookie cake:

Another famous dessert by my grandmother is her cookie cake made with Maria cookies. I love this cake because I have been eating it since I was a child.

Ingredients

To make this awesome desert, we will need a pack of Maria cookies, 250 gr of chocolate, 50 gr of butter, 1 lemon, some cinnamon, a special flavour of coconut, and at last but not least, a glass with milk.

How to cook it:

First of all, we put some milk in a pan with the chocolate. When the chocolate is melted, we add the butter until it melts. Now we put the cookies on the chocolate and spread all of them with more melted chocolate. To finish it, we put the sprinkled coconut all over the cake and it's ready to eat.



Guillermo Núñez García

“Tarta de Santiago”

The “Tarta de Santiago” is a typical dessert in Galicia, a tasty pie and really easy to make. Here are the steps you will have to follow to make one:

You will need:

- 30 ml of milk
- 30 ml of sunflower oil
- 130 g wheat flour
- 25 g of sugar
- ½ teaspoons of salt
- 4 eggs
- 200 g of crushed almonds
- 200 g of sugar
- Icing sugar to decorate it



Steps:

- First put on a big bowl the oil with the flour, the sugar and the salt, and stir it with a fork until a dough is created, after that, put a towel on it and let it rest for half an hour.
- Then, you will have to put some flour on a baking paper, put the dough on it and stretch it with a rolling pin until it is about 3cm thick.
- After that, put it on a circular mold as the base of the pie and perfectionate its shape so that it is all perfect and equal. You can start preheating the oven at 180 degrees.
- To make the stuffing, pour the eggs and the sugar on a bowl and stir it until it has doubled its initial volume, that is when you can pour the crushed almonds and stir it well. Put that mixture into the mold with the dough and even out the edges of it.
- Finally, put it on the oven for 35 minutes, put the template of the “cruz de Santiago” in the middle and sprinkle the icing sugar on it.

Now you can enjoy your delicious “Tarta de Santiago” and share it with your friends and family, having taken only 2 hours and a half.

Tarta de Santiago is well-known all over Spain and a favourite dessert in any region because it is delicious and yummy

Sources

Tarta de Santiago- <https://www.directopaladar.com/postres/tarta-tradicional-de-santiago-receta-gallega>

Carla Sánchez Llamas

Torrijas

It is a typical dish in the holy week , at Easter time here in Spain. The torrijas first appeared as food for the poor because it was a low-cost product and give a lot of energy. In the post-war period, when you couldn't eat meat during Easter, the torrija was popularized as a source of energy. You can eat them in the month you want, but it's usually eaten in Holy week.

Torrijas is one of the most typical desserts of Spanish gastronomy, which is usually eaten on Easter. Let's see how to make them...

Ingredients:

- A loaf of bread
- 600 ml of milk
- 100 gr. of sugar
- Cinnamon
- Extra virgin olive oil
- 3 eggs



Procedure:

To start, the bread is cut into thick slices (with a width of about 3cm), later they are soaked in milk with a little sugar, and later in egg. Next, each torrija is passed to the pan with oil so that they are fried round and round, until golden brown.

Once fried, they are left to drain with the kitchen paper so that the excess fat is absorbed and they are bathed in a mixture of sugar and cinnamon. It is important to let them cool before eating. With these measures, about eight torrijas will come out.

Sources

:<https://www.palacios.es/para-ti/curiosidades-gastronomicas/de-donde-viene-la-tradicion-de-preparar-torrijas-en-semana-santa> <https://es.m.wikipedia.org/wiki/Torrija>
<https://tastesbetterfromscratch.com/torrijas/>



Itziar García + [Sofía Martínez Hernández](#)

For breakfast or mid afternoon:

CHURROS WITH CHOCOLATE

Churros are eaten in most places in Spain. They began to be consumed in Cataluña at the beginning of the 19th century. They are usually taken with chocolate or coffee, especially in winter.

Ingredients for churros:

- 2 cups flour
- 1 cup of milk
- 1 cup of water
- a pinch of salt
- 1 egg
- 2 butter spoons
- 2 cups corn oil
- Sugar

Ingredients for the chocolate:

- 2 cups of milk
- 4 ounces dark chocolate
- 4 ounces milk chocolate
- 1 spoon of sugar
- 1 teaspoon vanilla
- 1 teaspoon of instant coffee

HOW TO MAKE CHURROS:

- 1st - In a large pot, heat the milk and water with salt and butter until it is boiling.
- 2nd - Add the flour and stir to form a dense and elastic dough.
- 3rd - Put the dough in the blender and add the egg. Beat until the mixture is homogeneous, if the dough is very liquid they will not form.
- 4th - Place the dough in the churrera or make small rolls with your hands.
- 5th - In another pot, heat the corn oil.
- 6th - Fry the churros until they are golden and crisp.
- 7th - Put them on absorbent paper to remove excess oil.
- 8th - Sprinkle them with sugar and serve with a cup of hot chocolate.

HOW TO MAKE HOT CHOCOLATE:

- 1st - Heat the milk in a pot without boiling.
- 2nd - Remove it from the heat and add the two types of chocolate.
- 3rd - Stir with a wooden spoon until the chocolate is completely dissolved.
- 4th - Add the sugar, the vanilla essence, the instant coffee and keep stirring.
- 5th - Put it back into the fire, stirring; it is important not to boil.





[Churros with Chocolate Dipping Sauce](#)



[Madrilean Churros with hot chocolate](#)

DRINKS

REBUJITO COCKTAIL

INGREDIENTS FOR 1 SERVICE:

- 2 oz manzanilla sherry
- 4 oz sprite
- 1 leave of mint

HOW TO DO IT:

1. Add sherry to a pitcher full of ice
2. Add a few sprigs of mint and then mix in a soft drink.
3. Stir, then serve without ice



It is a cocktail that is drunk in Andalucia, especially during parties or holidays

Cristina Merello

Sidra /Natural cider

Sidra is one of the most famous Spanish drinks especially in the north (Asturias, País Vasco...).

It is made of fermented apples.

The ripe apples are washed and diced, softened in water and then pressed. A skilled cider maker will blend the juice of different types of apples to get the perfect balance of richness of fruit and acidity. After pressing the apples, they ferment naturally in barrels for about 5 months before bottling. The alcohol content varies but is usually about 5-6 %, similar to beer.

To drink Sidra, first you have to pour it in a glass, and you have to do it in a weird way (as shown in the photo). People drink it in parties when they stay with people celebrating whatever they want. When I went to Llanes, Asturias we visited a Sidra reserve, and we saw how they prepared it and the best way to serve the drink in a glass. But you don't have to forget that Sidra has alcohol, and here in Spain only people over 18 can consume it so I haven't tried it.



(photo taken the 29th July 2016)

“Horchata de chufa”

“Horchata de chufa” is one of the best drinks to have when it's really hot in the summer, as it is a very refreshing drink and it tastes great. These are the steps you have to follow to make it:

You will need:

- 1 liter of cold water
- 250 grams of tigernuts
- 80 grams of icing sugar

Steps:

- First you will need to put all the tigernuts on a bowl full of water for 8 hours, make sure that all the truffles are completely covered by the water
- Then you will have to put the truffles on a sieve and let them drain, you can pour some water on them.
- After that, shred them for 1-2 minutes and then shred them again but with half of the cold water we have.
- Now you will strain it so that there are no lumps, and you will need to shred them until it is completely smooth.
- Finally, put the icing sugar on that resulting liquid, put some ice on it and there you have it!



Finally, You can enjoy your delicious “Horchata de chufa”! Perfect for a hot summer evening.

It is a typical drink from the area of Valencia that has spread its fame to the rest of Spain. It is usually drunk on hot days

It is a drink that comes from ancient Egyptians by excavations in the sarcophagi or Egyptian tombs where chufa was found. The chufa was brought from Egypt to the Iberian Peninsula and the Islamic culture expanded it through the area that we now

known as the Valencian Region. The writings state that at that time, a refreshing drink called chufa milk and this chufa milk is the predecessor to horchata.

The tigernuts (chufa) are grown in Valencia, It is planted in the months of April and May but it is collected between November and January since the chufa has to be dry to be picked up.



Sources:

Horchata-

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[:https://mgohorchataygranizados.com/de-donde-viene-la-chufa/](https://mgohorchataygranizados.com/de-donde-viene-la-chufa/)

<https://laroussecocina.mx/palabra/horchata/>

Carla Sánchez Llamas + Itziar García

SANGRÍA

It is usually prepared in the summer. We normally drink in family gatherings, at parties and in bars, this drink is called sangria, it is called that way because of the color, to prepare this drink there are many recipes but I go to explain the most basic. The ingredients we need are: wine, sugar and fanta (it can be orange or lemon). For this recipe you do not need much and it is very simple, we mix the wine, with three tablespoons of sugar and the fanta and now it is when each one chooses the sangria, all kinds of fruits can be added from apple, banana, peach, orange and lemon. Therefore, this depends on what you have in the fridge although the more you include, the more flavor it will have, and once everything is mixed we let it rest in the fridge for 30 min and when we take it out we add some ice.



Miguel Fernández