



VESURT. (Spanish Group)



Spanish Recipes

“Vocational Education for the Sustainable Development of Rural Tourism Enterprises”

The following recipes were selected and prepared by the young participants in the project. The tourism industry is one of the most developed in Spain, and many young people choose this profession for their future. Therefore, it is very important the fact of to create awareness about the choice of products, always looking fresh raw materials and available within the geographical environment.

For some time now, is spreading the use of sea water in food, due to its excellent mineralizing qualities, and as a regulator of most cellular processes. For this reason we have decided to include two recipes made from sea water. Moreover, the sea water is an inexhaustible and sustainable resource, and it is being tested in many third world countries as a dietary supplement in the fight against malnutrition. The results are being very positive.

Arroz con leche (Milk pudding)



Ingredients

- Whole milk
- Rice
- Sugar
- Cinnamon
- Lemon peel and orange
- Vanilla extract

Preparing

Put the rice, milk, cinnamon, and lemon and orange peels in a pot. Cook this mixture, stirring constantly with a wooden spoon. After 40 minutes pour the sugar and cook for 10 minutes more. Remove from heat and add a few drops of vanilla extract. Serve the rice pudding into individual bowls, and garnish with cinnamon powder. Serve cold.

Meluzo a la gallega (Galician Hake)



Ingredients

- 4 hake fillets
- 1/2 kg of potatoes
- 1 tablespoon paprika
- ¾ l olive oil
- 3 cloves of garlic
- 2 onions
- salt
- 1 liter of water

Preparing

Put a pan of water on the fire, and put the sliced potatoes with onions and salt. When they are half cooked, add the hake and cook for 10 minutes.

Meanwhile, put to heat a frying pan with oil and garlic. When it is golden add the paprika and remove the pan from the heat quickly so it does not burn. Finally, drain the hake and potatoes and serve in a bowl. Pour the sauce of garlic and paprika on top.

Boquerones en vinagre (Anchovies in vinegar)



Ingredients

- 1/2 kg of very fresh anchovies the same size
- 2 cloves of garlic
- 1 bunch of parsley
- Apple vinegar
- Extra virgin olive oil
- Salt

Preparing

Clean the anchovies and remove the head and spine. Wash them and leave 15 minutes in very cold water to loosen the blood.

Arrange anchovies layered in a dish, adding a little salt between each layer.

Add a mixture of 80% vinegar, and 20% water until the anchovies are completely covered. After 10 hours, drain well, chop parsley and garlic to taste and re-arrange the anchovies in layers, but this time, covering them with oil. Let resting in the fridge for a minimum of 24 hours. Serve on toasts.

Natillas (Custard)



Ingredients

- 4 egg yolks
- 1/2 l milk
- Sugar 150 g
- 2 tablespoons cornflour
- Ground cinnamon for garnish

Preparing

Heat the milk with the cinnamon stick. Let it boil a few minutes before removing from the heat. Strain the milk and reserve.

In another saucepan pour the egg yolks, sugar and cornflour, and mix with a whisk. Once it well mixed, gradually add the milk we had reserved, stirring constantly.

Put the pan back on the fire, and stir until mixture thickens.

Before it starts to boil remove from heat and continue stirring a couple of minutes.

Pour custard into ramekins and let cool to room temperature.

Sprinkle with ground cinnamon before serving.

Arroz con bogavante (Rice with lobster)



Ingredients

(4 people)

1 kg of lobster
300 gr of rice
3 cups seafood broth
1 tablespoon paprika
1 pinch of salt
1 pinch of saffron
½ red pepper
1 carrot
1 tomato
5 cl. Olive oil

Preparing

Put a crock pot with a little oil to the fire. Chop peppers, carrots and tomatoes, and fry them.

Meanwhile, chop the body of the lobster medallions, and head into two parts longitudinally.

Add rice and water. When it starts to boil add salt, saffron, paprika and the lobster.

Boil about 10 min. Remove from heat and let stand about 3 minutes.