



Andalusian “gazpacho” with sea water

- 3 tablespoons apple cider vinegar
- 100 ml of olive oil
- 7 red tomatoes
- Half an onion
- 1 red pepper
- A quarter of a cucumber
- Seawater (about half a cup)
- Pepper to taste

1- Mash the vegetables in a powerful blender.

2- Season with oil, vinegar and pepper. Grind a few seconds to emulsify.

3- Add sea water. If anyone finds it very salty, can be lowered by adding some fresh water.

4- Serve cold



Galician “Pulpo á feira”

This is the most typical way to prepare octopus in Galicia.

One of the problems with the preparation of the octopus is that its meat is very fibrous, so it is necessary to soften it first.

Formerly it was customary to hit the octopus until tender. Today, with freezing and thawing is enough.

Preparing

Put the octopus in the freezer and leave at least 24 hours. Remove it from the freezer and leave at room temperature until completely thawed.

Put a pot on the fire, with water (1/3 sea water 2/3 fresh water). When water comes to a boil, insert and remove the octopus three times. This is important to avoid the fast contracting of its fibers. This action is called as “*scare the octopus*”. After this, boil the octopus for 45 minutes.

Prick it once in a while, to check if it is already soft.

Remove the octopus from the water, drain it and cut it into little chunks with scissors.

The traditional “*pulpo a feira*” does not include potatoes, but today is usually served with them. In this case it is advisable to use the water where was boiled the octopus for cooking potatoes, peeled and cut into small slices.

Finally, dispose slices of octopus (and potatoes, in case they are included) on a wooden plate, and add coarse salt, Spanish “*pimentón*” (paprika) and olive oil.



Lacón con grelos (pork foreleg with turnip tops)

Ingredients

- About 2 Kg of salted “lacón”
- Bunches of fresh turnip tops
- Fresh Spanish sausages
- Large potatoes
- Olive Oil

Preparing

- 1- In a large pot put cool water with a few drops of oil, and the salting pork. Cook for about 2 hours, until meat is tender.
- 2- About 20 minutes before end of cooking, add the sausages and the potatoes.
- 3- After ten minutes, put in the pot the turnip greens previously scalded.
- 4- Take out the pork and the sausages.
- 5- Drain well the turnip tops and the potatoes.
- 6- Put everything on a platter, and serve immediately.
- 7- Finally, add olive oil or a rehash.



ALMEJAS A LA MARINERA (Clams "Sailor style")

Ingredients

- Clams
- Olive oil
- 4 cloves of garlic
- Pimentón (paprika)
- Half a glass of white wine
- One teaspoon of flour
- Parsley

Preparing

Put in a pan olive oil and garlic into pieces. When they begin to brown, add the flour and fry a little. The clams and the wine are incorporated and cook over fast heat until they are opened. Last, incorporate chopped parsley, and... ready to eat!



Spanish Tortilla

Ingredients

- 1 kg of potatoes
- 9 eggs
- 1 large onion
- Olive oil
- Salt

Preparing

Peel the potatoes and cut into slices. Also peel the onion and cut it into small pieces.

Put the pan with oil on the fire, and when the oil is hot, add the potatoes and onion. When they are golden, take them out and set aside.

Beat the eggs in a bowl, add a little of salt, and mix everything. Put the mixture into the pan with very little oil. Cook it on both sides, turning it with a large plate. When the tortilla is golden on both sides it is ready to serve.