



VESURT



VESURT SPAIN

Galician tradicional recipes

Galician Pulpo a Feira

Spanish Tortilla

Milk Puding

Queimada “The fire drink of Galicia”

Bon appetit!!!



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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.

Ingredients:

- 1 Octopus
- Salt
- Olive
- Paprika

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.



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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.



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.



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Queimada, the fire drink of Galicia

This drink is made with orujo, a strong liqueur similar to grappa, much of the alcohol is burned off in the flames.

Ingredients:

- 1 liter orujo.
- 2/3 cup sugar
- 1 lemon
- ¼ coffee beans

Preparing:

Preparation of this drink, you will need a large fireproof clay pot or bowl, sealed or glazed on the interior and a very long-handled wooden spoon to stir the queimada. Sets of clay pots and glasses made specifically for this 2/3 cup granulated sugar and one lemon cut into strips and 1/4 cup whole coffee beans

This queimada recipe makes about 8 servings purpose are available through grocery stores and web sites specializing in Spanish food.

Place the clay pot or bowl on a fireproof table or atop a cold BBQ grill. Be sure to have a large lid handy to put out the flames. Pour approximately 4 Tbsp orujo and 1 Tbsp sugar into a small glass and stir to dissolve sugar, then set aside. The rest of the orujo and remaining sugar into the clay bowl and stir. Add the lemon peel and coffee beans and stir again. The orujo and sugar mixture from the glass into a ladle and light it on fire. Carefully move the ladle very close to the clay pot until the orujo mixture in the pot catches fire. Stir frequently until the flames turn blue. Slide the lid over the pot to put out the flames. Serve hot.

The goal of the preparation ritual is to distance the bad spirits that, according with the tradition, lie in wait for men and women to try to curse them. All occasions are good for a queimada: a party, familiar meetings or gatherings of friends. After dinner, in the darkness of night, is one of the best times for it.

The people who take part in it gather around the container where it is prepared, ideally without lights, to cheer up the hearts and to be better friends. One of them ends the process of making the queimada while reciting the spell holding up the burning liquid in a ladle and pouring it slowly back into the container.



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Spell of the "Queimada" (during its processing)

Owls, barn owls, toads and witches.

Demons, goblins and devils,
spirits of the misty vales.

Crows, salamanders and midges,
charms of the folk healer(ess).

Rotten pierced canes,
home of worms and vermin.

Wisps of the Holy Company,
evil eye, black witchcraft,
scent of the dead, thunder and lightning.

Howl of the dog, omen of death,
maws of the satyr and foot of the rabbit.

Sinful tongue of the bad woman
married to an old man.

Satan and Beelzebub's Inferno,
fire of the burning corpses,
mutilated bodies of the indecent ones,
farts of the asses of doom,
bellow of the enraged sea.

Useless belly of the unmarried woman,
speech of the cats in heat,
dirty turf of the wicked born goat.

With this bellows I will pump

the flames of this fire
which looks like that from Hell,
and witches will flee,
straddling their brooms,
going to bathe in the beach
of the thick sands.
Hear! Hear the roars
of those that cannot
stop burning in the firewater,
becoming so purified.
And when this beverage
goes down our throats,
we will get free of the evil
of our soul and of any charm.
Forces of air, earth, sea and fire,
to you I make this call:
if it's true that you have more power
than people,
here and now, make the spirits
of the friends who are outside,
take part with us in this Queimada.