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cards

Original

TAPAS

recipes

There is a nice story about the origin of tapas. The word is derived from the verb 'tapar', meaning 'to cover'. In Andalusia, sherry drinkers used to cover their glasses between sips with a slice of Serrano ham to prevent the fruit flies from flying in. When the glass was empty, they ate the ham.

This slice of ham has grown into various snacks. In a Spanish bodega, they still spontaneously serve a dish of savoury delicacies with a drink (whether or not alcoholic).

With the recipes in this tin you can start your own tapas bar. The cards provide a variety of small but delightful possibilities. Put a few dishes with different tapas on your table and let the guests choose whatever they like. It cannot get any more Spanish!

All recipes in this tin make 6-12 servings.

¡Que aproveche!

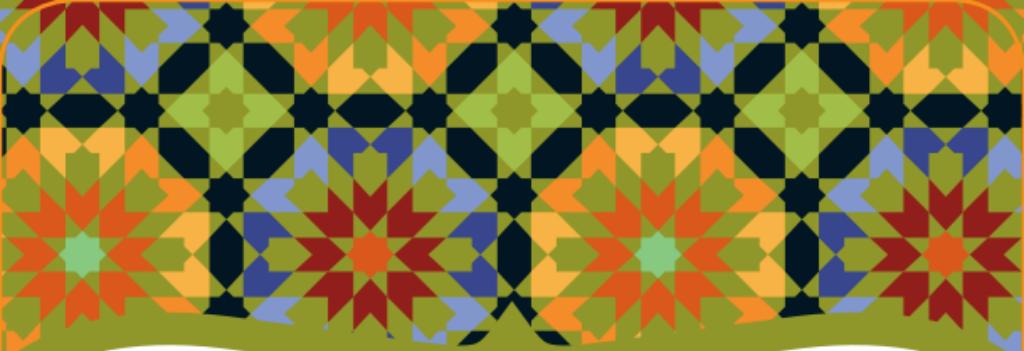


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ZUCCHINI & BELL PEPPER FLAN



Serves
6-12



ZUCCHINI & BELL PEPPER FLAN

Ingredients:

2 tbsp olive oil
 $\frac{1}{2}$ small zucchini, finely diced
 $\frac{1}{2}$ small red bell pepper, finely diced
1 onion, finely chopped
2 garlic cloves, crushed
2 tbsp parsley, finely chopped
4 eggs
25 ml milk
15 g butter
salt and pepper

Heat the oil and fry the zucchini, bell pepper, onion and garlic, about 3 minutes. Season to taste with salt and pepper. Stir in the parsley. Lightly beat the eggs with the milk and stir in the vegetable mixture. Heat the butter in the same frying pan and add the egg mixture. Bake the flan with lid closed over medium heat and allow the egg to cook and solidify, about 10 minutes.

Turn the flan out onto a cutting board, cut into wedges or squares, and divide between the dishes. Insert a few cocktail sticks.



CHILLI & CORIANDER PRAWNS



Serves
6-12

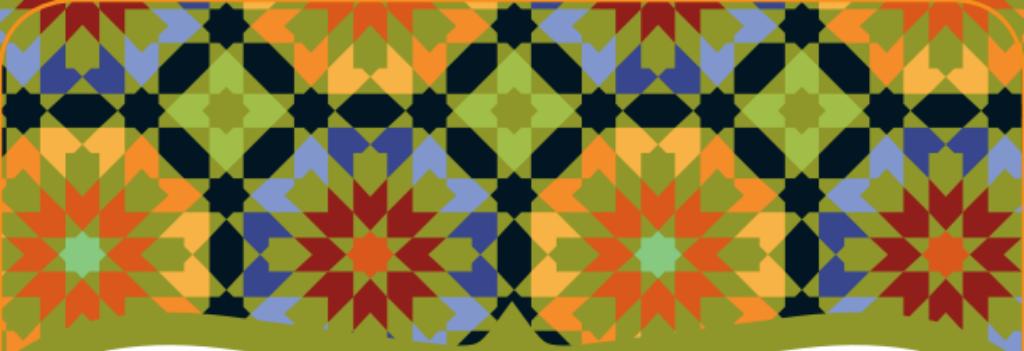


CHILLI & CORIANDER PRAWNS

Ingredients:

- 4 tbsp olive oil
- 1 red chilli, in rings
- 12 prawns
- 1 garlic clove, finely chopped
- 1 tbsp coriander, finely chopped
- sea salt

Heat the oil in a large frying pan. Add the chilli rings and fry gently, about 1 minute. Spoon in the prawns and garlic, and stir-fry over high heat, about 2 minutes. Sprinkle with coriander and sea salt, fry for a further minute, and serve in small bowls.



ROSEVAL POTATOES WITH RED & GREEN SAUCE



Serves
6-12



ROSEVAL POTATOES WITH RED & GREEN SAUCE

Ingredients:

6 Roseval potatoes
salt and pepper

The red sauce:

250 g plum tomatoes
1 small onion, finely chopped
2 red chillies, finely chopped
1 pinch of chilli powder, ground cumin and paprika
1 tbsp olive oil

The green sauce:

1 bunch flat-leaf parsley
50 g rocket salad
4 tbsp sunflower oil
20 g spicy goat cheese, grated
2 garlic cloves, finely chopped
juice of $\frac{1}{2}$ lime

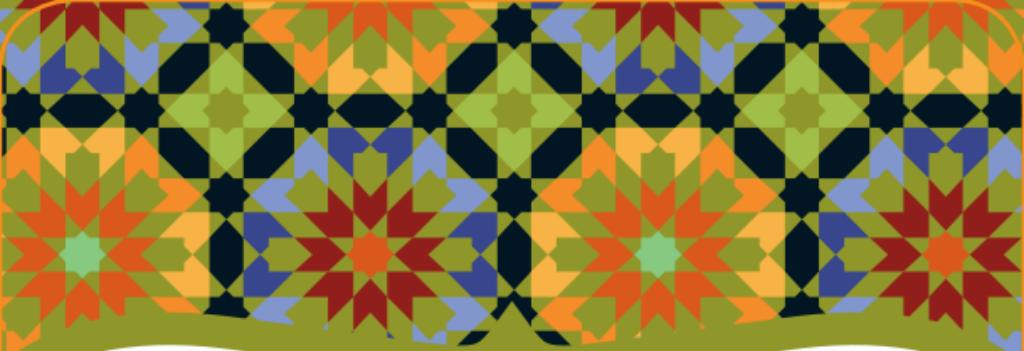
Boil the potatoes with their skins on in salted water until just tender. Drain well and allow the steam to escape.

Cut the potatoes in quarters.

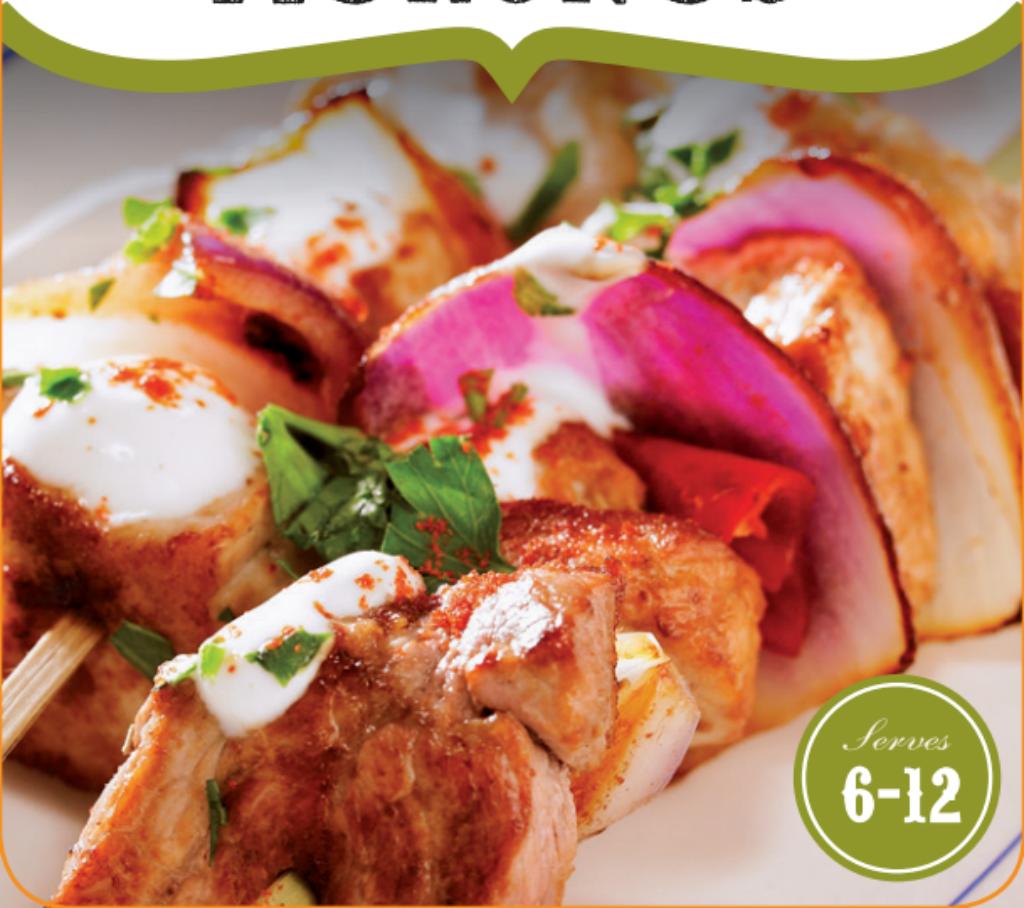
For the red sauce, puree the tomatoes with a hand blender and season the mixture to taste with the onion, chillies, chilli powder, ground cumin and paprika, salt and pepper. Stir in the olive oil.

For the green sauce, puree the rinsed flat-leaf parsley with the rocket salad, sunflower oil, lime and garlic cloves with a hand blender, and season with salt and pepper. Stir in the goat cheese.

Insert a cocktail stick into each Roseval pincho and serve both sauces on the side.



PINCHOS MORUNOS



Serves
6-12

PINCHOS MORUNOS

Ingredients:

4 tbsp olive oil
2 tbsp lime juice
4 garlic cloves, finely chopped
1 tbsp flat-leaf parsley, finely chopped
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp chillies, crumbled
1 pinch of ground turmeric
1 pinch of allspice
sea salt and black pepper
250 g low-fat pork, in 2 cm dice
2 red onions, cut into 8 pieces
1 red chilli, cut into 8 pieces
1 cup thick Greek yogurt

Combine the ingredients for the marinade, add the meat, and leave to marinate overnight. Thread a piece of meat, red onion and some red chilli alternately onto a wooden cocktail skewer (soaked in water for an hour first to prevent them from burning in the pan).

In a grill pan, cook the skewers in olive oil until done and golden brown on all sides, and serve with some yogurt.