



LA ESPAÑOLA OLIVE OIL

Cooking Live Series ebook

9 RECIPES FROM OUR INSTAGRAM COOKING LIVE SERIES





Cooking Live Series

We teamed up with some amazing cooks this summer to help bring an authentic taste of Spain to your kitchens.

Using Instagram live these cooks took us into their homes and taught us how to make their delicious recipes. We have now created this ebook so you can enjoy them all over and over again!

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CERI JONES'

Garlic aioli



@cerijoneschef

www.cerijoneschef.com



WHAT YOU WILL NEED:

2 CLOVES OF GARLIC

SALT

1 EGG YOLK

125ml OF LA ESPAÑOLA EXTRA
VIRGIN OLIVE OIL

1/2 tbsp OF LEMON JUICE

STEP ONE

Use 2 cloves of garlic and a pinch of salt, grind in a pestle and mortar until it is a smooth paste

STEP TWO

Add 1 egg yolk and whisk it all together.

Begin to add 125ml of La Española Extra Virgin Olive Oil slowly to the mixture

STEP THREE

Add half a tbsp of lemon juice and you are ready to serve!



STEP 03

STEP 01



STEP 02



MANDY SIMMONDS'

Prawns Pil Pil



@simplyfoodbymandy

www.simplyfoodbymandy.co.uk



WHAT YOU WILL NEED:

3-4 TABLESPOONS ESPAÑOLA
OLIVE OIL

3-4 CLOVES GARLIC FINELY SLICED

1 RED CHILLI SLICED OR 1
TEASPOON CHILLI FLAKES

1-2 TEASPOONS SMOKED PAPRIKA

SALT & PEPPER

A BUNCH OF PARSLEY OR
CORIANDER

JUICE OF HALF LEMON

12 LARGE RAW PRAWNS (SHELL ON)
OR 20 (WITHOUT SHELL)

1 LEMON AND CRUSTY BREAD TO
SERVE

STEP 01



STEP 02



STEP 03

STEP ONE

Add a good amount of Olive Oil (roughly 3 tablespoons) to a frying pan on a medium/hot heat.

Add the garlic and chilli

STEP TWO

As they begin to sizzle add the raw prawns, followed by the paprika. The prawns with the shell on take a little longer. Stir to combine ingredients and coat the prawns.

STEP THREE

When the prawns are pink, add your herb of choice and the juice of 1/2 lemon.

Take off the heat stir and serve.

STEP FOUR

Pour onto a plate, including the delicious juices, which must be mopped up with crusty bread!



STEP 04

SONIA KRABU'S

Scrambled eggs with Beetroot Carpaccio



@foodsmilesme



WHAT YOU WILL NEED:

2 EGGS

A PINCH OF SALT AND PEPPER

A DRIZZLE OF LA ESPAÑOLA OLIVE OIL

30 ml MILK

1 BEETROOT

STEP ONE

Beat the eggs and add in the milk and a pinch of salt and pepper.

STEP TWO

Heat La Española Pure Olive Oil into a pan over medium heat until hot. Pour in the egg mixture.

As the eggs begin to set, gently pull the eggs across the pan with a spatula, forming large soft curds.

STEP THREE

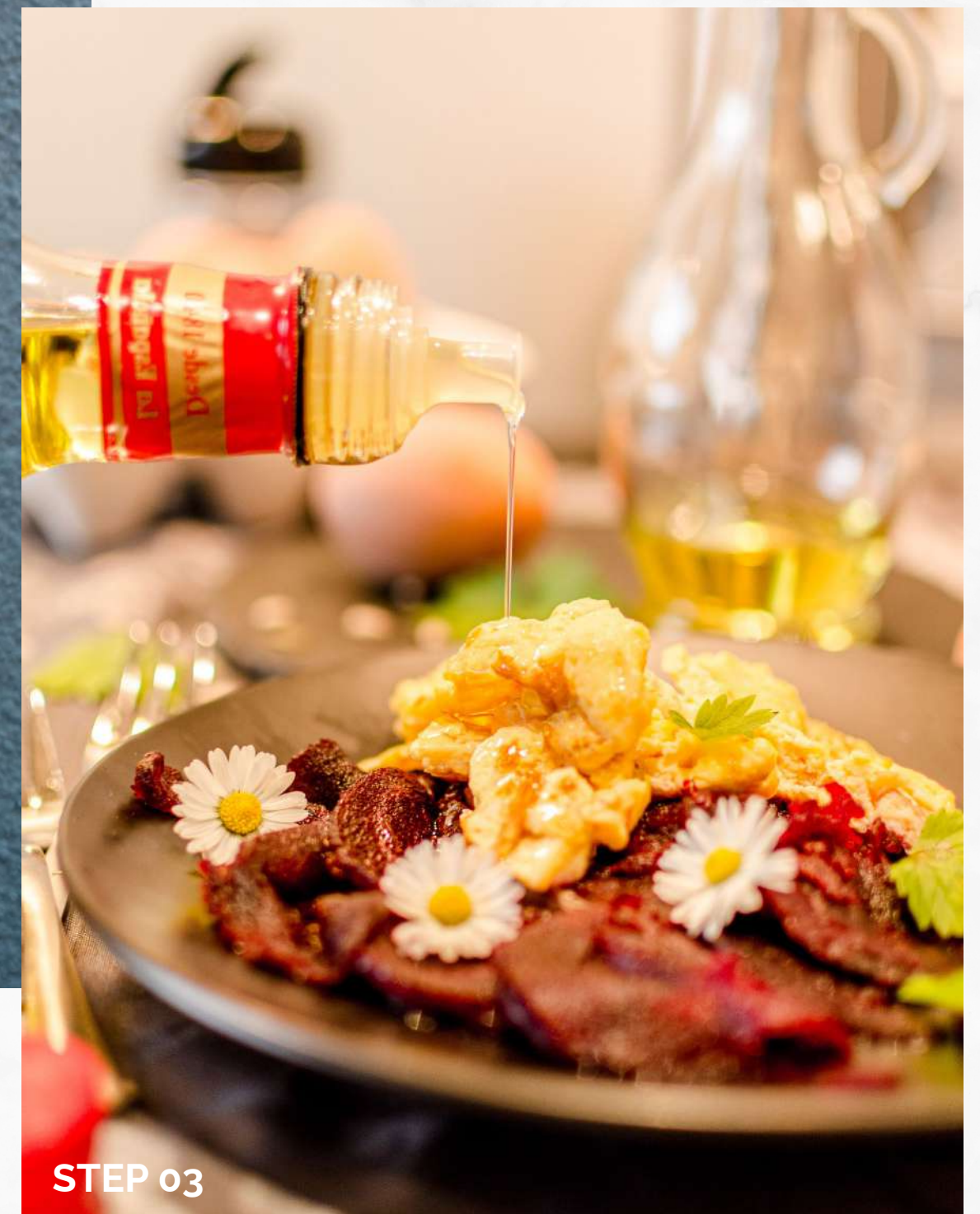
Finely slice the beetroot and place it on the plate.

Add the eggs and enjoy!



STEP 02

STEP 01



STEP 03

ADAM SHAW'S
*Gambas
al Ajillo*



@at_dads_table
www.atdadstable.com



WHAT YOU WILL NEED:

300g LARGE PRAWNS, DEFROSTED

4-5 CLOVES OF GARLIC

1 TEASPOON DRIED CHILLIES

1 LEMON

CAYENNE PEPPER/PAPRIKA

LA ESPAÑOLA OLIVE OIL

FRESH PARSLEY

STEP ONE

Crush and dice the garlic then fry in a little La Española Olive Oil along with the dried chillies.

Add a teaspoon of either cayenne pepper or paprika, depending on how hot you want it.

STEP TWO

Add the prawns and the juice of one lemon to the pan and continue to fry for 2-3 minutes.

STEP THREE

Empty the whole pan into a bowl, top with fresh parsley and serve straight away, using bread to mop up the sauce



STEP 01



STEP 02



STEP 03

HELEN BEST-SHAW'S
Gazpacho



@fussfreeflavours
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WHAT YOU WILL NEED:

1/2 ONION (PEELED & CHOPPED)

2 CLOVES GARLIC (PEELED &
CHOPPED)

800g CANNED TOMATOES
(REASONABLE QUALITY OR
PASSATA)

1/2 CUCUMBER (ROUGHLY DICED)

1 RED PEPPER (SEEDS & MEMBRANE
DISCARDED, DICED)

4 tbs LA ESPAÑOLA EXTRA VIRGIN
OLIVE OIL

1/2 LEMON (JUICED)

1 tbs SHERRY VINEGAR (OR ANY
WHITE VINEGAR)

STEP ONE

Put the chopped onion and garlic in a sieve and pour a kettle of boiling water over them.

Prepare the red pepper and cucumber, by dicing roughly. Reserve a spoonful of each for the garnish and to add extra texture if desired.

STEP TWO

Place the remaining canned tomatoes, onion, garlic, red pepper and cucumber in a bowl and whizz with an immersion or stick blender (or use a jug blender or food processor).

Add the lemon juice, vinegar and La Española Olive Oil and generously season with pepper & salt. Whizz again until all the oil is emulsified.

Check the seasoning and add more if needed.

STEP THREE

Quickly whizz in the reserved ingredients for a chunkier soup.

Chill for several hours before garnishing and serving.

Eat within 24 hours.

STEP 01



STEP 02



STEP 03

STEP 02



MAYA'S

Chicken and Prawn Paella



@afoodiegirl



WHAT YOU WILL NEED:

1 FINELY CHOPPED ONION
2 GARLIC CLOVES
300 g CHICKEN
2 tbsp PAPRIKA
1 tbsp BLACK PEPPER
1 tbsp SALT
1 CHOPPED GREEN PEPPER
1 BELL PEPPER
2 FINELY CHOPPED TOMATO
1 CUP RICE
2 CUPS CHICKEN OR
VEGETABLE STOCK
A PINCH SAFFRON
1/2 CUP FROZEN PEAS
300g KING PRAWNS

STEP 04



STEP 05



STEP ONE

Finely chop the onion and sauté on medium heat with La Española Pure Olive Oil for 2 mins then add chopped garlic and sauté for another 1 min.

STEP FOUR

Add chopped tomatoes and mix
Add the boiling chicken stock and saffron to the mix and let it simmer on the hob for 10 mins

STEP TWO

Now add the chicken pieces and add 1 tbsp of paprika and fry for 3-4 mins until the chicken is lightly browned.

STEP FIVE

Thinly slice the bell pepper into long strips and add them to the mix with frozen peas and king prawns on the top plus 1 more cup of water. Bake the paella in the oven at 350 degrees for another 10 minutes and serve it hot.

STEP THREE

Add chopped green peppers with 1 tbsp red paprika, blackpepper, salt

Add 1 cup of rice and fry for 1-2 mins until the rice is sealed

STEP SIX

Add La Española Olive Oil and parsley on top and serve it hot.



STEP 06

MAI NGUYEN'S
*Spanish
Omelette*



@mai.ng
www.maicookbook.com



WHAT YOU WILL NEED:

4 WHITE POTATOES
2 CLOVES OF GARLIC FINELY SLICED
1 SMALL ONION
4 EGGS
SALT & PEPPER
LA ESPAÑOLA LIGHT OLIVE OIL

STEP ONE

Peel the potatoes. Once peeled, finely slice them and place them into a bowl of salted water.

Chop the onion and garlic into thin slices

STEP TWO

Add a generous amount of La Española Light Olive Oil into a skillet at medium heat. Once the oil heats place the garlic in.

When the garlic is browned, drain the potatoes from the water and add into the skillet.

Fry until the potatoes become translucent (about 5 minutes) Once done, leave to rest.

STEP THREE

Fry the onions in a separate pan.

Place the potatoes and garlic onto a plate lined with a paper towel. When the onions are done add them to the potatoes

STEP FOUR

Break the eggs and whisk them together. Add the potatoes, garlic and onions to the bowl.

Place a pan on high heat and add La Española Light Olive Oil. Pour the mixture slowly into the heated pan.

Cover the pan to cook the top. Once the bottom is brown flip the omelette to cook the top

When brown all over serve on a plate



STEP 01



STEP 02



STEP 04



STEP 03

JELENA FAIRWEATHER'S

Tomato and Serrano Salad



@into.trends



WHAT YOU WILL NEED:

6 MIXED TOMATOES , DIFFERENT
VARIETIES AND COLOURS, AT ROOM
TEMPERATURE

LA ESPAÑOLA EXTRA VIRGIN OLIVE OIL

½ RED ONION, VERY THINLY SLICED

FRESH PARSLEY CHOPPED

SHAVINGS OR SPANISH CHEESE (SUCH
AS MANCHEGO)

6 SLICES SERRANO OR IBERICO HAM

50 g ALMONDS OR CASHEWS

SALT & BLACK PEPPER FRESHLY
CRUSHED

STEP ONE

Slice the tomatoes and arrange
on a large platter with the
onion. Sprinkle with a good
pinch of salt.

Tip the parsley, La Española
Olive Oil, salt & pepper together
in the bowl or food processor.

Set aside.

STEP TWO

Weave the slices of ham
between the tomatoes and
onion, creating a little height
on the plate. Drizzle over the
dressing, nuts and shavings
of manchego.

STEP THREE

Drizzle over a little extra
la Española Olive Oil and serve.

STEP 01



STEP 02



STEP 03

KELLY CHICK

Spinach Tortilla



@kelly.chick



WHAT YOU WILL NEED:

6 EGGS
1 ONION
1 POTATO
SPINACH
SALT & PEPPER

STEP ONE

Slice the potatoes and boil for the 6-8 mins

STEP TWO

Meanwhile fry the onion in a pan then add the potato and fry until golden brown.

STEP THREE

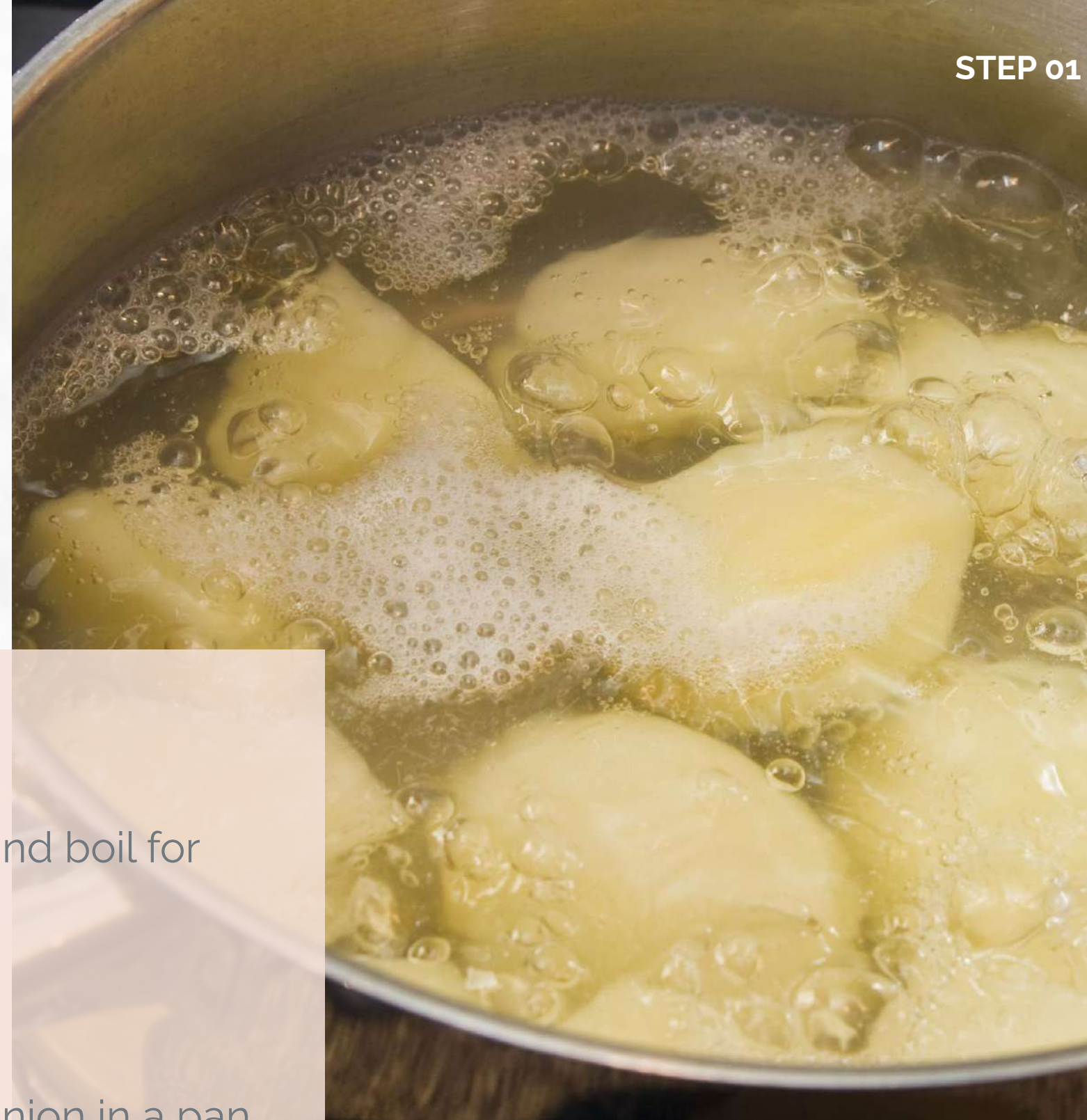
Add spinach for 1 minute

STEP FOUR

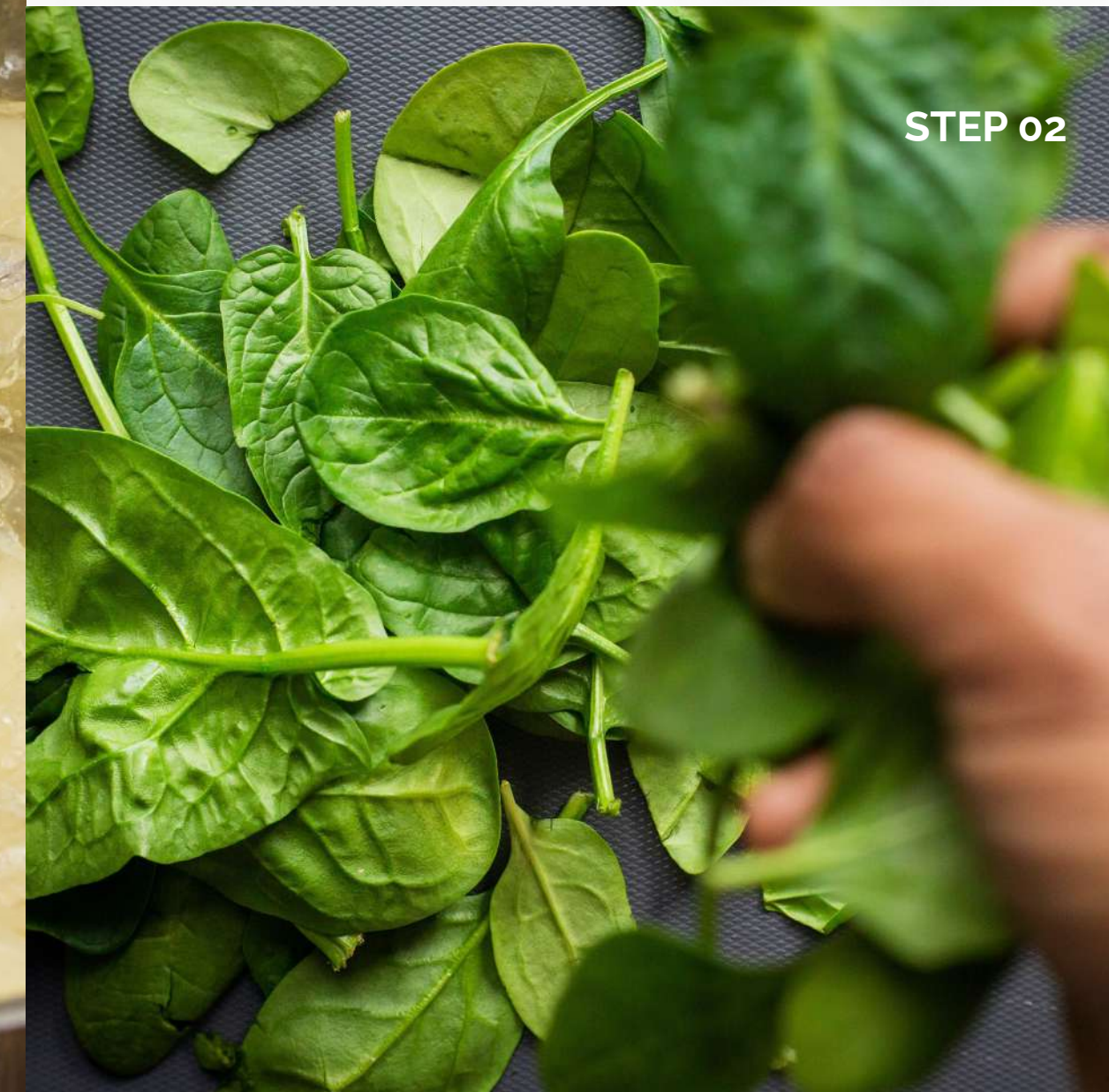
Whisk the eggs and season, then add them to the pan.

Once the bottom is cooked place under the grill until the egg is cooked through.

STEP 01



STEP 02



STEP 03





Experience 100% Spanish

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