



Cooking with La Española Olive Oil

Autumn & Winter
recipes

Experience 100% Spanish with La Española

Enjoy our olive oil in your home with our simple mantra:

*Live like a local
Eat like a local
Cook like a local*

Liven up your get-togethers with a truly authentic taste of Spain. Embrace the flavours of sun-ripened produce, food made to be shared and lively conversation.

Whatever the occasion, La Española brings a truly authentic taste of Spain to your table so you can sit back and enjoy the compliments. That's why we are the UK's favourite Spanish Olive Oil brand. (Nielsen Scantrak – The Grocer Top Products 2018.)

Cook just like a local with our selected recipes. You'll find lots more on our website.

www.laespanolaoliveoil.co.uk

Buen provecho!





Serves

6

Preparation
time

5 minutes

Cooking
time

about 45 minutes



Black Paella with seafood

Ingredients

3 tbsp La Española Pure Olive Oil

75 g cubed chorizo

1 onion, chopped

Salt and freshly ground black pepper

½ tsp saffron

1 tsp smoked sweet paprika

½ tsp smoked hot paprika

2 large fresh tomatoes on the vine,
chopped

2 cloves garlic, chopped

650-700 ml fish stock

250 g black rice, soaked in cold water for
30 minutes, then drained

1 sprig fresh rosemary

200 g jarred red peppers, drained and
roughly chopped

150 g green beans, sliced

18 mussels, cleaned

To Serve:

1 tbsp freshly chopped flat- leaf parsley

1 tbsp La Española Extra Virgin Olive Oil

Lemon wedges

12 large prawns

150g green beans, sliced thinly

150 g squid rings

Method

1

Heat the olive oil in a paella pan or large frying pan over a medium-high heat and fry the chorizo and onion with a pinch of salt for 5 minutes. Stir in the saffron and both types of paprika, cook for 1 minute, then add the chopped tomatoes and garlic.

2

Add the rice and peppers and stir to coat, then pour in the stock. Bring to the boil, then add the herbs and plenty of seasoning. Reduce the heat and simmer for 20 minutes, stirring once or twice.

3

Cover with two sheets of thick foil, then continue to simmer for another 10 minutes until the rice is almost completely tender (it will retain a nutty bite).

4

Stir in the mussels and prawns, cover and cook until the prawns have turned pink and mussels have opened (throw away any mussels that haven't opened), adding extra stock if needed. Stir in the green beans and squid rings and cook for 5 minutes. Take off the heat and leave to rest for 5 minutes. Scatter over the parsley.

5

Serve drizzled with the Extra Virgin Olive Oil and lemon wedges.







Serves

4

Preparation
time

15 minutes

Cooking
time

50 minutes



Pisto manchego

Ingredients

3 tbsp La Española Pure Olive Oil

2 red onions, diced

Salt and freshly ground black pepper

4 cloves garlic, crushed

1 green pepper, deseeded and cut into
chunks

1 red pepper, deseeded and cut into
chunks

Few fresh oregano leaves, thyme sprigs
and sprig rosemary

1 aubergine, cut into chunks

2 small courgettes, cut into chunks

500 g ripe tomatoes, peeled and chopped

1 tsp sugar

1 tbsp sherry vinegar

To serve:

Fresh oregano leaves

La Española Extra Virgin Olive Oil, for
drizzling

Manchego cheese, grated



Method

1

Heat the olive oil in a large pan, over a medium heat. Add the onions and a little salt, cover and cook for 8 minutes, stirring occasionally. Add the garlic and cook for another 2 minutes.

2

Add the peppers, cover and cook over a medium heat for 5 minutes, stirring occasionally until the peppers are just softened.

3

Throw in the herbs, aubergine and courgettes, stir well, then cover and cook for 10 minutes, stirring occasionally.

4

Add the tomatoes, sugar and sherry vinegar. Season well, then cover and cook for 20 minutes, until the vegetables are tender and tomatoes broken down.

5

Serve in bowls, garnish with the oregano leaves and drizzle with the Extra Virgin Olive Oil. Scatter over the manchego.







Serves

4 as a starter

Preparation
time

5 minutes

Cooking
time

14 minutes



Calamari with romesco sauce



Ingredients

700 g squid rings

50 g plain flour, seasoned with salt and
freshly ground black pepper

1 litre La Española Light in Colour Olive Oil,
for deep frying

For the Romesco:

75 g ground almonds

15 g stale breadcrumbs

2 cloves garlic, roughly chopped

12 mild Peppadew piquanté peppers,
drained

1½ tsp sweet smoked paprika

squeeze of lemon juice

2 tbsp red wine vinegar

80 ml La Española Extra Virgin Olive Oil

Salt and freshly ground black pepper

To serve:

Lemon wedges



Method

1

Place the ground almonds and breadcrumbs in a food processor and pulse until combined.

2

Add the garlic, peppers, paprika, lemon juice and the red wine vinegar.

3

Whizz to a paste, then drizzle in the extra virgin olive oil and blend until smooth. Season to taste and transfer to a bowl.

4

Pour the olive oil into a deep pan. Heat over a medium heat until it reaches 180°C or until a piece of bread dropped in browns in 40 seconds.

5

Toss the squid in the seasoned flour, then cook the squid in batches in the hot oil using tongs. Fry for 2-3 minutes until golden and crisp.

6

Drain on kitchen paper, scatter with sea salt flakes, then keep warm until all the squid has been cooked. Serve with the romesco and a squeeze of lemon juice.







Makes
about 25

Preparation
time

*30 minutes,
plus about 2 1/2 hrs
chilling time*

Cooking
time

20 minutes



Croquetas





Ingredients

475 ml whole milk

150 ml good-quality vegetable stock

75 g butter

1 tbsp La Española Light In Colour Olive Oil

1 onion, finely chopped

1 clove garlic, finely chopped

125 g plain flour

freshly grated nutmeg

150 g baby leaf spinach, blanched,
squeezed dry and chopped

2 tbsp toasted pine nuts

125 g Iberico cheese, grated

2 large free-range eggs, beaten

125 g dried panko breadcrumbs, made
from stale white bread

1 litre La Española Light In Colour Olive Oil,
for deep-frying



Method

1

Pour the milk and stock into a pan and bring to the boil. Reduce the heat and keep warm.

2

Melt the butter, with the olive oil in a medium pan and cook the onion and garlic over a low heat for 3-4 minutes until soft.

3

Stir in the flour and cook gently for 2-3 minutes, without letting it brown. Gradually beat in the warm, milky stock, beating well between each addition, so the mixture becomes silky smooth. Continue to cook, stirring constantly, for 3-4 minutes to cook the flour.

4

Stir in a little grated nutmeg, the spinach, pine nuts and cheese, then season with salt and a little black pepper.

5

Transfer to a shallow dish, spread out in an even layer and cover with cling film. Chill in the fridge for 2 hours.

6

Place the beaten eggs and breadcrumbs into 2 separate shallow dishes. Lightly oil your palms and roll about 1½ tbsp of the mixture into a small barrel shape, then repeat to form about 25 croquetas.

7

Dip 4-5 croquetas at a time into the beaten egg, then into the breadcrumbs. Place on a plate and chill in the fridge for 30 minutes.

8

Pour the olive oil into a deep pan and heat to 190°C (or until a piece of bread turns golden in 30-40 seconds). Fry the croquetas in batches for 2-3 minutes until golden and crisp. Remove with a slotted spoon and drain on kitchen paper.

9

Serve with the truffle aioli.





Serves

4

Preparation
time

5 minutes

Cooking
time

50 minutes



Patatas bravas

Method

1

Heat the olive oil in a pan and fry the onion for about 5 minutes until softened. Add the garlic, chilli, chopped tomatoes, tomato purée, paprika, sugar and vinegar. Season, then bring to the boil, stirring occasionally. Reduce the heat and simmer for 10 minutes until pulpy.

2

Meanwhile, preheat the oven to 200°C, Gas Mark 6. Pat the potatoes dry with kitchen paper, then tip into a roasting tin and toss in the olive oil and some seasoning. Roast for 40-50 minutes until crisp and golden, turning halfway through the cooking time.

3

Tip the potatoes into serving dishes and spoon over the tomato sauce. Sprinkle with some fresh parsley to serve.







Serves

4

Preparation
time

20 minutes

Cooking
time

20 minutes



Truffled tortilla

Ingredients

For the caramelised onion:

2 tbsp Light in Colour La Española Olive Oil

300 g Spanish onion, thinly sliced

For the tortilla:

8 free-range eggs

150 g salted crisps

1 tbsp truffle oil

Salt and freshly ground black pepper

3 tbsp La Española Extra Virgin Olive Oil,
for cooking

To serve:

La Española Truffle Oil, for drizzling

Crisp green salad

Method

1

Heat the olive oil in a frying pan over a high heat cook the onions for 5 minutes until golden and starting to caramelise.

2

In a large bowl, beat the eggs, then stir in the crisps, caramelised onion, truffle oil and season. Leave to stand for 15 minutes for the crisps to soak into the egg.

3

Heat the olive oil in a 20 cm pan non-stick pan, over a medium heat, pour in the tortilla mix. Reduce the heat to low and cook for 8-10 minutes, without stirring, until set.

4

Place under a preheated hot grill and cook for 2-3 minutes until the top is golden brown, or invert onto a plate and carefully slide back into the pan. Cook for a few minutes until golden.

5

Transfer to a board and serve cut into wedges, with a salad.







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