



Cooking with La Española Olive Oil

Spring & Summer
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

4

Preparation
time

10 minutes

Cooking
time

about 35 minutes



Houmous bowl with chorizo

Ingredients

350 g peeled butternut squash, cut into 2.5
cm pieces

4 tbsp La Española Extra Virgin Olive Oil

Salt and freshly ground black pepper

100 g chorizo, sliced into rings

400 g can chickpeas, drained and rinsed

1 tsp ground coriander

2 tsp cumin seeds

75 g kale, chopped

300 g pot of houmous

To serve

1tbsp La Española Extra Virgin Olive Oil

flatbreads

Method

1

Preheat the oven to 200°C, Gas Mark 6. Put the butternut squash in a roasting tin, drizzle with 2 tbsp of the olive oil and season. Roast for 20 minutes.

2

Once the squash has started to soften, add the chickpeas to the roasting tin, sprinkle over the spices, toss to coat and roast for 15 minutes until the chickpeas are starting to crisp and the squash has caramelised.

3

Meanwhile, place the chorizo in a non -stick frying pan and cook the chorizo over a low heat for 5-6 minutes until it releases its oil, transfer to a plate using a slotted spoon, reserving the oil.

4

Put the kale on a second baking tray, add the remaining olive oil, toss to coat and roast for about 5 minutes or until crisp.

5

Spoon the houmous into a shallow bowl. Top with the kale, squash and chickpeas and chorizo. Mix the reserved chorizo oil with the Extra Virgin Olive oil and drizzle over the salad. Serve with warm flatbreads.







Serves

4

Preparation
time

20 minutes



Pipirrana





Ingredients

1 medium onion, diced

500 g tomatoes, seeds removed and diced

1 large cucumber, halved lengthways,
seeds removed and diced

1 large green pepper, deseeded and diced


2 cloves garlic, crushed

pinch of cumin

½ tsp salt

3 tbsp La Española Extra Virgin Olive Oil

2 tbsp sherry vinegar



Method

1

Soak the onion in water, leave for 10 minutes, then drain.

2

Place the tomatoes, cucumber and pepper in a bowl and stir in the drained onions.

3

Place the garlic in a mortar with a pinch of cumin and a pinch of salt and a few drops of olive oil and pound until you have a paste.

4

In another small bowl mix the rest of the olive oil with the vinegar and add the garlic paste and mix well.

5

Pour the dressing over the salad and mix well. Cover and refrigerate. Serve chilled with crusty bread or as a side dish for fish.







Serves

4

Preparation
time

5 minutes

Cooking
time

15 minutes



Salmorejo



Ingredients

200 g of stale white bread, crusts removed
and cut into cubes

750 g of ripe and mellow tomatoes,
roughly chopped

1 clove garlic

250 ml La Española Extra Virgin Olive Oil

3 tbsp sherry vinegar

Salt and freshly ground black pepper

To serve:

La Española Extra Virgin Olive Oil, to drizzle

50 g of Jamon iberico de bellota,

1 boiled egg, chopped

Crusty bread

Method

1

Place the bread in a large bowl and pour over enough cold water to cover. Leave to soak for 3-4 minutes.

2

Squeeze the water from the bread, and place in a blender with the tomatoes, garlic, olive oil and sherry vinegar. Blend, until you have obtained a thick and smooth texture. Season to taste.

3

Pour into bowls and serve with a drizzle of extra virgin olive oil, slices of Iberico ham and chopped egg. Serve with chunks of bread for dipping.







Serves

4

Preparation
time

10 minutes

Cooking
time

30 minutes



Vegan Paella Valenciana



Ingredients

½ g saffron

800 ml hot vegetable stock

4 tbsp La Española Pure Olive Oil

1 aubergine, cut into 3 cm pieces

2 red peppers, deseeded
and cut into 2 cm pieces

1 onion, cut into 2cms pieces

5 artichokes form a can, halved

200 g runner beans, cut into 4 cm pieces

3 cloves garlic, finely chopped

1 large tomato, grated

1 tsp salt


1 tsp sweet paprika

250 g Spanish paella rice

2 sprigs of rosemary

To serve:

Lemon wedges



Method

1

Sprinkle the saffron over the vegetable stock, stir well and keep warm for later.



2

Heat up the paella pan and wait until it's really hot and then drizzle with the olive oil, add the aubergines and peppers. Cook for a few minutes, then add the onions and cook for a further 2 minutes.

3

Stir in the runner beans and the artichokes. Stir together for 1 minute before adding the garlic. Cook for 30 seconds and add the paprika and salt. After another 30 seconds add the grated tomato. Cook for 2 minutes, stirring all the time, until you can see that the tomatoes have lost most of the juice and changed colour.

4

Stir in the rice, until evenly distributed in the pan, then pour over the saffron stock. Bring to the boil and cook on the highest heat for about 10 minutes before reducing the heat right down and cooking for a further 8 minutes.

5

When the water is at a lower level than the rice itself, add the rosemary sprigs.

6

In Spain this crispy bottom layer, the socarrat, is the most valuable part of the paella. Once the paella is finished it should look like a completely flat layer of rice. Serve with the lemon wedges.





Garlic
Mayonnaise

*Delicious served as
accompaniment to
croquetas or fish or
as a dip*



Truffled aioli





Ingredients

1 egg

1 tbsp lemon juice

½ tsp salt

2 cloves garlic

200 ml La Española
Light In Colour Olive Oil

30 ml La Española Truffle Olive Oil



Method

1

Place the egg, lemon juice, salt, garlic cloves and the oils in a small jug.

2

Place the stick blender on the bottom of the jug and blitz all the ingredients on the bottom before slowly bringing the blender to the top until it completely emulsifies.

3

If you have the bad luck that your aioli splits, just start again with a bit of water in the jug while you pour the split mixture into it while you blend it.







Serves

4 as a starter

Preparation
time

5 minutes

Cooking
time

14 minutes



Garlic mushrooms with truffled oil



Ingredients

500 g seasonal mushrooms (portobello,
chestnuts, shitakes, oysters)

6 tbsp of La Española Pure Olive Oil

Salt and freshly ground black pepper

6 cloves garlic, finely chopped

2 sprigs of thyme

100 ml dry white wine


2 tbsp freshly chopped flat leaf parsley

1 pinch of strips of lemon zest

To serve:

Drizzle of La Española Truffle Oil

Shaving of Manchego cheese



Method

1

Clean the mushrooms with a small brush or wipe with a damp cloth. Cut any large mushrooms into pieces. Heat a large frying pan over a medium-high heat, pour in the olive oil and fry the mushrooms for 8-10 minutes, season well with salt and pepper and fry for another 2 minutes.

2

Add the garlic and thyme and stir well and cook for 2-3 minutes. Pour in the wine and flambé for 30 seconds, until reduced.

3

Stir in the parsley and lemon zest. Place in a serving dish and drizzle over the truffle oil. Scatter with the Manchego and serve immediately with crusty bread.







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