



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 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 ONE

Add a good amount of La Española 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 03





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 01



STEP 02





# 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 01



## 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





# HELEN BEST-SHAW'S GAZPACHO

@fussfreeflavours

[www.fussfreeflavours.com](http://www.fussfreeflavours.com)

## WHAT YOU WILL NEED:

1/2 ONION

2 CLOVES GARLIC

800 g CANNED TOMATOES

1/2 CUCUMBER

1 RED PEPPER

4 tbs LA ESPAÑOLA EXTRA  
VIRGIN OLIVE OIL

1/2 LEMON JUICE

1 tbs SHERRY VINEGAR/  
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.

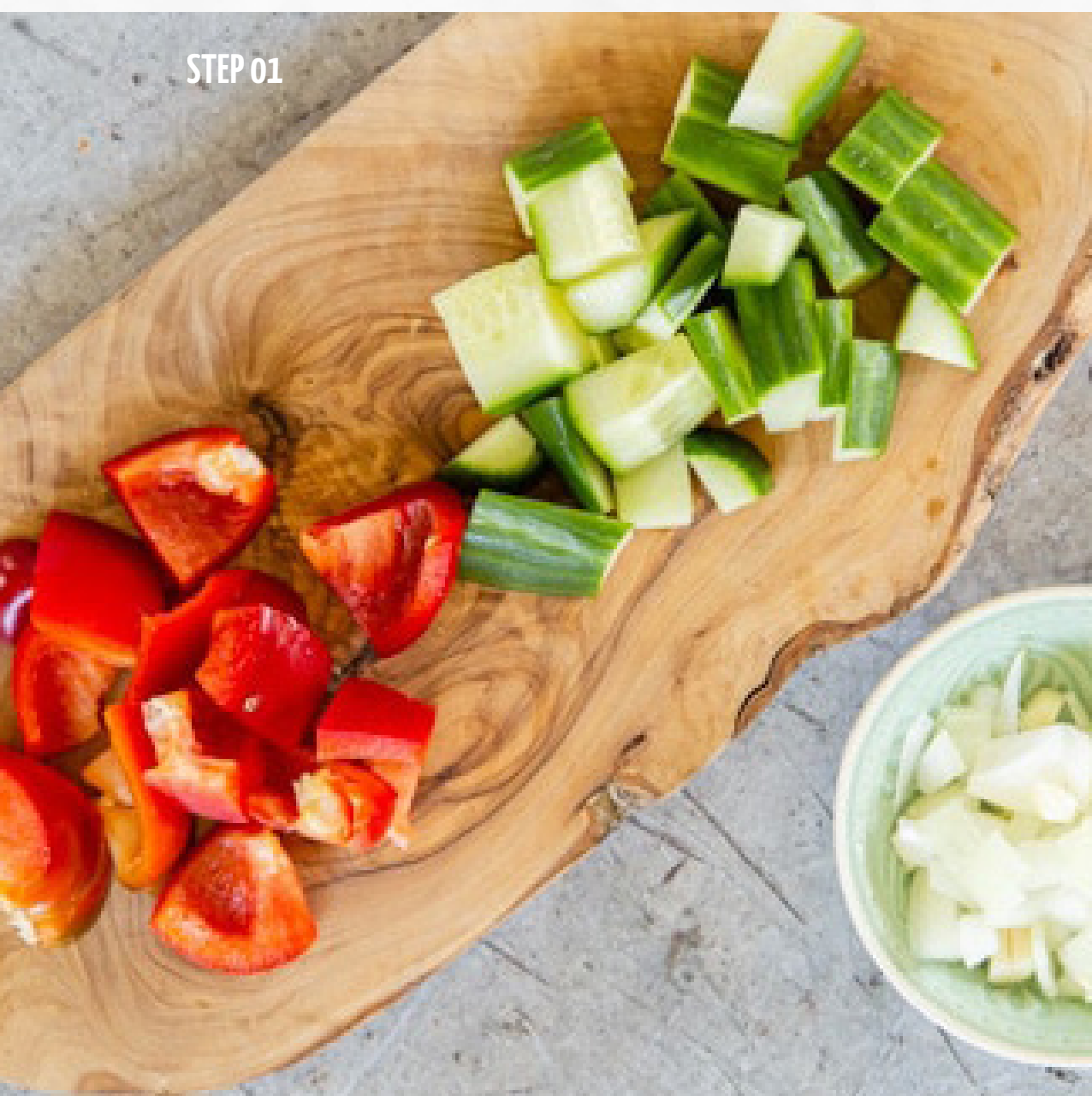
Check the seasoning and add more if needed.

## 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





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
- 300 g KING PRAWNS

## 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 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 THREE

Add chopped green peppers with 1 tbsp repaprika, blackpepper, salt

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

## STEP FOUR

Add chopped tomatos and mix

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

## 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 SIX

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

STEP 04







# MAI NGUYEN'S SPANISH OMELETTE

@mai.ng

[www.maicookbook.com](http://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





# 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

1½ 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





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 03



STEP 04







Experience 100% Spanish

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[WWW.LAESPANOLAOLIVEOIL.CO.UK](http://WWW.LAESPANOLAOLIVEOIL.CO.UK)

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