

# RECIPES FROM SPAIN & PORTUGAL



REGIONAL SPECIALTIES, HISTORICAL INFLUENCES & DELICIOUS VINO

# SALPICÓN DE MARISCO

*Spain's iconic seafood salad*

Ruth Chavarri, also from Rioja, shares her take on a seafood salad that's sometimes made with prawns or mussels. Try it alongside a crisp Albariño.



## INGREDIENTS

*Serves 4*

- 2 onions
- 1 pound octopus, frozen
- 2 tablespoons olive oil, to coat
- 2 cloves of garlic
- 1 bay leaf
- 3 tomatoes, peeled and diced
- 1 cup rice
- Salt, to season
- Parsley, chopped, to garnish

## INSTRUCTIONS

Place octopus in pressure cooker with one unpeeled onion. Cook until boiling, about 20 minutes.

Place saucepan over medium heat and coat with olive oil.

Peel and chop remaining onion, and add to saucepan with garlic and bay leaf. Sauté 3-4 minutes.

Add tomatoes, lower heat and cook 5 minutes, then add rice and stir to combine.

Remove octopus from pressure cooker, chop coarsely and set aside.

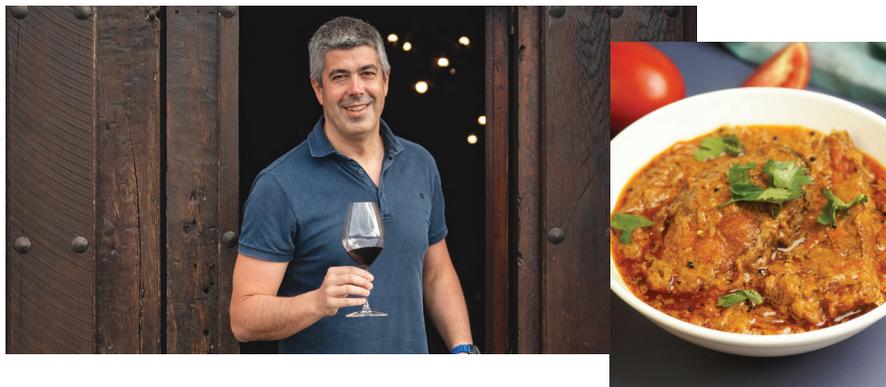
Add 3 cups octopus cooking water to rice mixture, season with salt, to taste, and let cook 10 minutes.

Add octopus, cook 5 minutes, then serve family-style, garnished with parsley.

# TERNASCO DE ARAGÓN

*Spain's famous lamb stew*

Javier Murúa, from the heart of Rioja, shares this traditional lamb dish. Try it alongside an oak-aged Tempranillo.



## INGREDIENTS

*Serves 4*

- Olive oil, to fry
- 2 onions, peeled and sliced
- 2.5 pounds lamb shoulder, chopped
- Salt and pepper, to season
- Sweet red paprika, to season
- 2 spoonfuls ground coffee
- 5 cloves garlic
- 2 bay leaves
- 2 glasses red wine
- Half glass of water
- 2 potatoes, peeled and cubed

## INSTRUCTIONS

- Warm heat-proof casserole dish over medium-high heat, and coat with oil.
- Add onions and fry until soft, then add lamb, season with salt and raise heat to high.
- Season with pepper and sweet red paprika, then add coffee. Stir to combine, and cook five minutes.
- Add garlic cloves and bay leaves, and continue frying 10 minutes.
- Add wine and water, then lower heat, stir to combine and cover.
- Cook 45 minutes, then add potatoes and cook until fork-tender, about 15 minutes, and serve, family-style.

# BORREGO ASSADO COM BATATAS

*Roast Lamb with Baby Potatoes*



## INGREDIENTS

*Serves 4*

1 head garlic, peeled and finely chopped

2 tablespoons salt, plus more, to season

2 tablespoons Massa de Pimentão (red pepper paste)

1 tablespoon fresh-ground black peppercorns

1.5 tablespoons olive oil

1 boneless leg of lamb (about 4 pounds)

120ml white wine (about .5 cup)

10-15 baby potatoes, scrubbed

## INSTRUCTIONS

In a bowl, combine garlic, 2 tablespoons salt, pepper paste, black pepper and 1.5 tablespoons oil. Coat lamb all over in pepper mixture, then transfer to large baking dish. Cover dish with cling wrap and place in fridge to rest overnight.

The day you plan to cook, remove lamb from fridge and let rest until room temperature. Preheat oven to 195°F. Remove cling wrap from baking dish and pour white wine over lamb. Cover tightly with foil, place in oven and cook for two hours.

While lamb cooks, fill pot with water and season with salt. Place over high heat and bring to a boil, then add potatoes and reduce heat to a simmer. Cook until partially softened, about 10 minutes. Remove from heat, drain and set aside.

Once lamb has cooked two hours, remove tin foil from dish and add potatoes. Stir everything to coat with pan drippings.

Raise oven temperature to 350°F and return dish to oven. Cook 15 minutes more, or until potatoes are cooked throughout.

Remove from oven and let rest for 15-20 minutes. Slice lamb and plate with potatoes, then pour pan sauce over top. Serve with simple salad, if desired.