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Spanish r e c i p e s



Karelian rye-cruste

Description

Very tasty spanish recipe

Ingredients:

- 2 cups water
- 1 cup uncooked rice
- 2 cups milk
- salt
- 1/2 cup water
- 1 teaspoon salt
- 1 cup rye flour
- 1/4 cup all-purpose flour
- 1/2 cup butter melted
- 1/2 cup butter at room temperature
- 2 hard-boiled egg, chopped
- pinch freshly ground white pepper (optional)
- pinchd ground ginger (optional)



Preparation:

- In a saucepan combine the water and rice. Bring to a boil.
- Stir, cover, and cook over low heat for 20 minutes, stirring occasionally.
- Add the milk, cover, and continue cooking until the milk is completely absorbed and the rice is soft and creamy.
- Season with salt. Preheat oven to 500 degrees F. Line a baking sheet with parchment paper.
To prepare the pastry, in a medium-sized bowl, combine the water, salt, and rye and white flours to make a stiff dough.

- Shape the dough into a log and cut into 16 parts. Shape each part into a round.
- On a lightly floured board, roll out each round into a 6-inch circle.
- Spread about 3 tablespoons of filling evenly on each round. Fold two opposite edges of the pastry over the filling and crimp the edges of the dough toward the center to make an oval-shaped pastry, allowing about 1/2-inch of the crust to overlay the filling and leaving the center of the filling exposed. Place on the prepared baking sheet. In a small bowl, stir together the melted butter and hot milk and brush on the pastries. Bake for 10 to 15 minutes, brushing once during baking, until the pastries are golden on the edges. Remove from the oven and brush again.
- To prepare the egg butter, in a small bowl, cream the butter. Stir in the eggs. Season with the white pepper and ground ginger, if desired. Serve the egg butter at room temperature. Cool the pastries and serve with the egg butter.

For the Pastry

- In a medium sized bowl, combine the water, salt, and rye and white flours to make a stiff dough. Shape the dough into a log and cut into 16 parts. Shape each part into a round. Spread about 3 tablespoons of filling evenly on each round. Fold two opposite edges of the pastry over the filling and leaving the center of the filling exposed. Place on the prepared baking sheet.
- In a small bowl, stir together the melted butter and hot milk and brush on the pastries. Bake for 10 to 15 minutes, brushing once during baking, until the pastries are golden on the edges. Remove from the oven and brush again.

For the Egg Butter

- In a small bowl, cream the butter. Stir in the eggs. Season with the white pepper and ground ginger, if desired. Serve the egg butter at room temperature. Cool the pastries and server with the egg butter.

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Mashed Potato and Rutabaga

Description

A great potato spanish recipe.

Ingredients:

- 2 pounds thin-skinned boiling potatoes
- salt
- 1 pound (about 1 medium) rutabaga*
- 1/4 cup flour
- 2 eggs
- 2 teaspoons salt
- 1/2 to 1 cup hot milk or light cream
- 1 tablespoon butter
- 1/4 cup fine dry break crumbs



Preparation:

- Put the potatoes in a large pot and cover them with water.
- Add 1 teaspoon salt for each quart of water. Heat to boiling and cook for 20 to 25 minutes. Drain, mash, and add the cooked rutabaga* to the potatoes. Beat with an electric mixer until the potatoes and rutabagas* are smooth and fluffy. Beat in the flour, eggs, salt, and milk (or cream).
Preheat oven to 350 degrees F. Butter a 3-quart shallow baking dish. Turn the mixture into the dish.
- Using a spoon, spread out the mixture, making indentations in the top of the casserole.
- Dot with the butter and sprinkle with the bread crumbs. Bake uncovered for 1 hour, or until lightly browned.

Three-meat ragout

Description

A good lamb spanish recipe.

Ingredients:

- 1 pound lean lamb, shoulder or leg
- 1 pound lean port, shoulder or leg
- 1 pound lean beef round
- 2-1/2 teaspoons salt
- 1 teaspoon whole allspice
- 1/2 teaspoon whole white peppercorns
- 6 large white onions, cut into 1/4-inch thick slices
- Chopped fresh parsley



Preparation:

- Preheat oven to 300 degrees F.
- Cut the meat into 1-inch cubes. In an enamelled, cast-iron pot or other deep oven proof casserole, layer the meat, salt, allspice, whitepeppercorns, and onion. Cover lightly. Bake for 5 hours, or until the meat is very tender.
- Sprinkle with chopped fresh parsley and serve over mashed potatoes or mashed potatoes and rutabagas.

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Rutbaga

Description:

Rutbaga is a nutritious Spanish recipe.

Ingredients:

- Swede
- Rutbaga



Preparation:

- A root vegetable of the cabbage family, swedes are cooked in much the same way as turnips.
In many parts of the world, especially Scotland, they are actually known as turnips. They tend to be larger and have a characteristic ribbed skin near the base of the stalk. The skin may be white or purple, according to variety.
- The flesh is usually yellow and tends to be drier and seeter than that of the turnip. Swedes bake well, are popular in stews and are often mashed or pureed like the traditional mashed neeps served with Scots haggis.
- Swede is very nutritious, rich in protein, minerals and low in calories: 26 per 100 g/3=1/2

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Bitter Melon & Egg – Mara Pad

Kai

Description

A Recipe Spanish of Kasma Loha-unchit

Ingredients:

- bitter melon about 8 inches in length (see Notes & Pointers, below)
- 2 eggs
- 2 Tbs. peanut oil (or lard)
- 1-2 Tbs. light soy sauce



Preparation:

- Dash of ground white pepper
- Cut the bitter melon in half lengthwise, remove the seeds and slice each half crosswise in thin pieces. Beat the eggs in a bowl with 1 to 2 tsp. of light soy sauce and a dash of ground white pepper.
- Heat a wok until its surface begins to smoke. Swirl in the oil or lard and let heat 10 to 15 seconds. Add the bitter melon and sauté in the oil for about one minute. Sprinkle with 1 tablespoon of light soy sauce and continue to sauté for another 1 to 2 minutes, or until the melon starts to soften. Spread the melon pieces thinly over the wok surface. Pour the beaten eggs evenly over the melon pieces. Let eggs set about half a minute, then flip the mixture over to cook the other side. Cook until eggs are set and lightly browned.
- Serves 4-6 with other dishes and rice family-style.

- Kasma's Notes and Pointers for Bitter Melon & Egg:
- Bitter melons are less bitter when they have fully ripened. A ripe melon will be light green in color with tinges of yellow or light orange on the outside. Inside, the spongy covering
- of the seeds would have turned from their light greenish white to a bright red. A less mature deeper green melon can be very bitter, but for people who have acquired a taste for the bitter flavor, it is a delicious bitterness. Bitter vegetables are known in the Orient to be very nutritious and medicinal and bitter melon perhaps leads the bunch for its medicinal properties.

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