



PRÊTÀCUINER



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SPANISH SALSA RECEPIES

 PRODUCT FROM SPAIN



SPANISH SALSAS RECIPIES

ALIOLI SAUCE



SALMON WITH ALIOLI

Ingredients (for 2 persons):

- 1 piece of salmon of 400gr
- 1 jar of Alioli CAN BECH
- 12 green beans
- 1 green pepper
- 1/2 zucchini
- 1 onion
- 1 potato
- Spanish olive oil
- Salt
- Pepper

Cut the salmon in four big pieces and put them in a platter. Add salt, pepper and olive oil and leave off for 15 minutes. After this time, fry the salmon for the two sides in a pan with olive oil. Keep it warm. Peel the potato, cut it and boil it for 4 minutes. Mashed it to make a pure.

Cut the onion in slices and fry it with olive oil. When it is cooked add the green beans, the green pepper and the zucchini all cut and cook them for 5 minutes with salt and pepper. Put a cylindrical mold in the dish and add first the vegetables, the potato pure and finally a layer of alioli CAN BECH and remove the mold. Add the salmon on top and serve it warm.

ALIOLI SAUCE



SPANISH SALSAS RECIPIES

GRILLED SQUID WITH ALIOLI

Ingredients (for 2 persons):

- 4 potatoes
- 1 jar of Alioli CAN BECH
- 800 gr of squid
- Salt and pepper
- Parsley
- Lemon juice
- Spanish olive oil

Peel the potatoes, wash them and cut it in slices. Add salt and pepper. Fry the potatoes in a pan with abundant olive oil. Mix in a bowl the parsley, the lemon juice, the salt and the olive oil. Brush the squid with this mix and grill them for the two sides. Add in a dish with the squid, the potatoes and the alioli. Serve it with parsley on top.

POTATOES WITH ALIOLI

Ingredients (for 4 persons):

- 4 potatoes
- 1 jar of Alioli CAN BECH
- Salt
- Laurel (optional)
- Mayonnaise (optional)

Peel, wash and cut in dices the potatoes. Boil it in a pot with water salt and the laurel. When they will turn tender, take off from the fireplace and drain.

If you want, you can mix the alioli with a little mayonnaise to mild the sauce. Put the potatoes in a dish with the sauce on top.

SEAFOOD RICE WITH ALIOLI

Ingredients (for 4 persons):

- 1 leek
- 1 jar of Alioli CAN BECH
- 1 carrot
- 2 onions
- 2 tomatoes
- 400 gr squid
- 250 gr prawns
- 400 gr round rice
- 4 strands of saffron
- 2 glass of seafood broth

Cut in slices the leek, one onion and the carrot and fry all together. Peel and cut very thin the other onion and the tomatoes. Put first the onion in a casserole with warm olive oil and when the onion is middle cooked add the tomatoes and cook all together.

After 7-10 minutes, add the squid, prawns and the rice and sauté. Add the seafood broth and the saffron. Add salt and pepper and keep cooking until the rice will be tender. Take out of the fireplace and let it repose some minutes. Add the alioli in heaps on top and serve it warm.

SPANISH SALSA RECIPIES

BRAVA SAUCE



PATATAS BRAVAS

Ingredients (for 4 persons):

- 4 potatoes
- 1 jar of BRAVA CAN BECH
- Mayonnaise (optional)

Peel, wash and cut in dices the potatoes. Boil it in a pot with water and salt. When they will turn tender, take off from the fireplace and drain.

If you want, you can mix the Brava sauce with a little mayonnaise to mild the sauce. Put the potatoes in a dish with the sauce on top.



BRAVA SAUCE

SPANISH SALSAS RECIPIES



CHICKEN BREAST WITH BRAVA SAUCE

Ingredients (for 2 persons):

- 2 chicken breast
- 1 jar of Brava CAN BECH
- Spanish olive oil
- Laurel, oregano, parsley
- 1 glass of red wine
- 1 spoon of vinegar
- Breadcrumbs
- Salt and pepper

Add olive oil in a pan and when it turns hot put the chicken breast with salt, pepper and breaded and we fry them carefully to not burn the breadcrumbs. Then, we add the red wine and two spoons of brava sauce. We add also the laurel, oregano and parsley cut thin. Then, the vinegar and we keep cooking until the broth will be reduced to the half.

Remove some times the broth to make a sauce. Finally, we turn off the fire, we keep it two minutes and we can serve it with some grilled vegetables or French fries.

COD WITH BRAVA SAUCE

Ingredients (for 2 persons):

- 1 jar of Brava CAN BECH
- 2 loins of cod
- 1 onion
- 1 green pepper
- 2 tomatoes
- Olive oil
- Salt

In a pan with olive oil add the onion cut thin, the green pepper and finally the two tomatoes without peel and cut. Let it cook for 10 minutes and add two spoons of salsa brava, remove all and make a new sauce. Finally, add the loins of cod and let them cook in the sauce. Serve it hot.



SPANISH SALSA RECIPIES



XATÓ SAUCE



XATÓ SALAD (XATONADA)

Ingredients (for 2 persons):

- 1 jar of XATÓ CAN BECH
- 1 ruff lettuce
- 100gr of desalted cod
- 100gr of tuna in oil
- 6 anchovies
- 50gr green olives
- 50gr black olives
- Olive oil

Put in a bowl the ruff lettuce clean and cut. Add the cold crumbled, the tuna, the anchovies and the olives. Finally, add the xató sauce for dressing.

SHRIMP BROCHETTE

Ingredients (for 2 persons):

- 1 jar of XATÓ CAN BECH
- 12 medium shrimp
- 1 green pepper
- 1 red pepper
- 1 onion
- Salt

Clean and cut the peppers and the onion in strips. In a stick mix the shrimp, the red and green pepper and the onion as you like to make a brochette. Grill for each side and serve it hot with the xató sauce.



LEEK AND ONION WITH ROMESCO

Ingredients (for 2 persons):

- 1 jar of Romesco CAN BECH
- 4 leeks
- 4 onions / chives
- Olive oil
- Salt

Clean the leeks taking out the bottom and the external layers. Cook them in a pan with water and salt for 15 minutes. Take out and drain it. Clean the onions seasoning with salt and pepper and cook them in the grill for 8-10 minutes. Serve the leeks and the onion together in a dish with the Romesco sauce.

SHRIMP AND IBERICO HAM SALAD WITH TEMPURA VEGETABLES AND ROMESCO

Ingredients (for 4 persons):

- 1 jar of Romesco CAN BECH
- 1 lettuce
- 100 gr iberico/ serrano ham
- Mix of vegetables (onion, carrot, leek, etc)
- Sunrise oil
- Flour for tempura
- Shrimps

Clean the vegetables, cut them in strips and add salt. Fry it in a fryer or in a pan with hot oil. Mix cold water with the flour to achieve a liquid paste. In a bowl mix the vegetables with the flour paste. With a very hot oil fry the tempura vegetables.

Add in a dish some romesco sauce, a bouquet of lettuce and on top the tempura. Finally, in a pan we will fry the onion and the shrimps. We will putt on a side of the salad and we will add the iberico ham on top of the salad.

SPANISH SALSAS RECIPIES



BLACK OLIVE PÂTÉ



EGGPLANT WITH BLACK OLIVE PÂTÉ

Ingredients (for 4 persons):

- 1 jar of Black Olive Paté CAN BECH
- 1 tablespoon olive oil
- 1 small red onion, finely chopped
- 1 eggplant, diced
- 2 cloves garlic, crushed
- Teaspoons tamari (soy sauce)
- 1 handful basil
- 12 cherry tomatoes, blended
- 1 teaspoon Dijon mustard
- Salt and black pepper

Sweat the onion in a skillet with the oil. Turn up the heat, add the eggplant and stir-fry until soft, approximately 10 minutes. Lower the heat, add the garlic, tamari, and tomatoes, followed by the basil, mustard, and olives. Very gently stir-fry for a further 5 minutes.

Season and serve on toasted French bread with plenty of crisp green lettuce and spread the black olive paté into the bread.

SPANISH SALSAS RECIPIES



GREEN OLIVE PÂTÉ



PITA BREAD WITH GREEN OLIVE PÂTÉ

Ingredients (for 4 persons):

- 1 jar of Green Olive Paté CAN BECH
- 3 whole pita bread each cut into 8 wedges
- 1 teaspoon olive oil
- 1 shallot, finely chopped
- 2 tomatoes
- 1 clove garlic
- 1/2 cup dry white wine

Preheat the oven to 400 F. Arrange the pita bread wedges in a single layer on a baking sheet. Bake until crisp and lightly golden, about 8 minutes. Set aside to cool.

In a small frying pan, heat the olive oil over medium-high heat. Add the shallot and sauté until softened, about 3 minutes. Add the tomatoes, garlic, oregano and the red pepper flakes, if using, and sauté until the tomatoes are tender, about 2 minutes. Add the wine and slowly bring to a boil. Reduce the heat to low and simmer, stirring often, until the liquid has evaporated, about 6 minutes. The mixture will be thick. Remove from the heat, spoon the mixture into a small bowl and let cool completely.

Spoon 2 teaspoons of the tapenade onto each pita wedge and add the tomato mixture. Sprinkle evenly with the parsley and divide among individual plates. Serve immediately.



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