

## **Menu for Spanish Themed Class**

**Charcuteria:** Platter of Spanish Cheese, Cold Meats , Almonds, Capers and Olives

**Demonstration:** Spanish Tortilla ( To be eaten at break time )

### **Main Menu**

Cheese Crouettas

Chickpeas and Spinach

Pork Meatballs and Tomato Sauce

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Churros with Chocolate Sauce

**L** Prep: 45 mins  
Cook: 35 mins  
plus 3 hrs chilling

More effort

Makes 25-27



## Ingredients

50g butter

2 banana shallots, finely chopped

80g plain flour

450ml whole milk

pinch of cayenne pepper

70g manchego, grated

50g cheddar

50g parmesan or vegetarian hard cheese

4 large eggs, lightly beaten

300g panko breadcrumbs

vegetable oil, for deep frying

### For the cranberry sauce

180g fresh or frozen cranberries

100g light brown soft sugar

## Method

- Step 1** Heat the butter in a saucepan. Tip in the shallots and fry gently for 10-12 mins until translucent. Stir through the flour to make a thick paste. Warm the milk gently in a separate pan until steaming, then gradually whisk the milk into the floury paste to make a thick sauce. Add the cayenne, three cheeses and a pinch of salt. Pour the mix into a baking tray and set aside to cool for 30 mins, then cover and chill for at least 3 hrs or overnight.
- Step 2** For the sauce, tip the cranberries into a pan with the sugar and 100ml water, and simmer for 10-15 mins until the cranberries break down. Season to taste. Once chilled, loosen with a splash of water if the cranberry sauce is too thick.
- Step 3** With wet hands, roll the cheese mixture into walnut-sized balls. Put the beaten egg in a shallow bowl and the breadcrumbs on a shallow plate. Roll the balls in the egg, then the crumbs, making sure each one is well coated. Repeat once more so they're coated in two layers of each.
- Step 4** Pour the oil into a large saucepan until it's a third full, and heat to 175C, or until a cube of bread browns in 30 seconds. Carefully fry the croquettes in batches for 2-3 mins until golden. (If the oil is too hot, they will darken on the outside before the inside is hot.) Use a slotted spoon to transfer to a plate lined with kitchen paper. Leave to drain for a few minutes, then serve with the cranberry sauce.



## CATALAN CHICKPEAS AND SPINACH

★★★★★ 4.9 from 25 reviews

- prep time: 5 MINUTES • cook time: 10 MINUTES
- total time: 15 MINUTES • yield: 4 SERVINGS

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### INGREDIENTS

SCALE

- 1 (5-ounce) bag fresh baby spinach
- 1 tablespoon olive oil, plus extra for drizzling
- 1 small white onion, peeled and thinly sliced
- 6 cloves garlic, peeled and minced
- 1 teaspoon smoked paprika, plus extra for serving
- 1/2 teaspoon ground cumin
- 2 (15-ounce) cans chickpeas, rinsed and drained\*
- 1/2 cup raisins
- 1/3 cup toasted pine nuts
- sea salt and freshly-cracked black pepper, to taste

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### INSTRUCTIONS

- 1 Place the spinach in a colander and rinse with water. Set aside.
- 2 Heat oil in a large sauté pan over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until softened. Add in the garlic, paprika, cumin and stir to combine. Cook for 1 more minute, stirring occasionally.
- 3 Reduce heat to medium. Add the still-wet spinach to the pan, cover with a lid, and wait for 1-2 minutes until the spinach has wilted. Stir in the chickpeas and raisins until combined. Then continue to cook for 1-2 minutes, until the chickpeas are heated through.

## Spanish Meatballs in Garlic Tomato Sauce, Albondigas

Spanish Meatballs in Garlic Tomato Sauce, Albondigas is a lovely easy dish typically served as Tapas in bars. Great for party food, main meals and appetizers!

**Prep Time**  
10 minutes

**Cook Time**  
15 minutes

**Total Time**  
25 minutes



### Ingredients

#### The Meatballs:

- 1/2 lb or 250 g Ground Beef
- 1/2 lb or 250 g Ground Pork
- 4 Cloves garlic, minced
- 1 Small Onion, Finely chopped
- 1 Tablespoon Chopped Parsley
- 1 slice of bread, soaked in milk (white or brown bread)
- 1 egg, beaten
- 1 Cup Breadcrumbs, optional
- Salt and pepper to season

#### The Sauce:

- 2 Cloves Garlic, Minced
- 4 Large Ripe Tomatoes, Quartered
- 1 Tablespoon Olive Oil
- 1/2 Cup Tomato Paste
- 1/2 - 1 Teaspoon Smoked Paprika
- 2 Dried Cayenne Chilli Peppers
- 1/4 Teaspoon Dried Thyme
- 1 Tablespoon Honey
- Salt and Pepper to season

### Instructions

1. Make the meatballs by adding all the ingredients EXCEPT THE BREADCRUMBS, to a bowl and mixing well so everything is combined. Cover and refrigerate for a minimum of 30 minutes.
2. Roll the meatballs in to golf ball size or smaller (to your liking), then roll the balls in the breadcrumbs until they're evenly coated.
3. Add some olive oil to a skillet pan, heat and then place the meatballs in the pan and brown on all sides. You may need to do this in batches depending on the size of your pan. Make sure you don't overcrowd the pan with the meatballs.
4. Once browned, transfer to a plate with kitchen paper and set aside to make the sauce.
5. Make the sauce by adding the minced garlic to the olive oil in a sauce pan. Gently cook until the garlic has softened. Add the tomatoes and simmer until soft. Take a blender stick and puree the mixture until smooth then add the remaining ingredients. Taste the sauce and see if you need a little more honey or pepper etc.
6. Transfer the meatballs to the saucepan and simmer gently for 10 minutes then serve with some lovely crusty bread fresh from the oven, pasta, rice or simply serve with some toothpicks if for a party.



