

## Class Menu

### Citrus-Marinated Olives

### Roasted Peppers with Garlic & Olive Oil

### Minted Rice and Pea Salad

### Cumin-Scented Empanadas

### Smoked Ham and Red Pepper Tortilla

## Tapas

The word tapa comes from the Spanish verb “tapar”, “to cover”. It represents the custom of innkeepers placing a piece of bread over a glass of wine or sherry and offering it to weary travelers. It served multiple purposes: protecting the contents of the glass from dust, furnishing a snack for the guest, and probably most importantly, adding to the innkeeper’s bottom line. Over time the simple piece of bread became more elaborate and ultimately developed into the range of savory treats we know today.

So what are tapas? They are small bites that either pique the appetite before a full meal or may serve as a light meal unto itself. Though often called by other names (starters, appetizers, hors d’oeuvres, dim sum, and meze) they are found all over the world. The difference is the ingredients that are used and the speed at which they are eaten. Tapas are meant to be eaten at a leisurely pace and more often than not they are accompanied by a glass of wine.

Any time of the day can be tapas time. However, there are two common times in Spain for tapas. The first is “vermouth time”, around 4:00 p.m. The second is in the hour before dinner, about 7:00 p.m. At tapas bars, there is an abundant variety from the simple to the complex. They should be small; able to be eaten in one or two bites. The best thing about tapas is that they can be adapted to your tastes and schedule, so enjoy!

### Citrus-Marinated Olives

- 1 cup Kalamata olives
- 1 cup green olives
- ½ cup olive oil
- Fresh cilantro, to taste
- Zest and juice of one lemon
- Zest and juice of one orange
- 3 large garlic cloves, thinly sliced
- 3 tablespoons chopped fresh parsley
- ½ teaspoon dried crushed red pepper

Combine all ingredients in large heavy-duty re-sealable plastic bag. Shake bag to blend ingredients. Refrigerate at least 1 day and up to 3 days, turning bag occasionally. Transfer olives and some marinade to bowl. Let stand 1 hour at room temperature before serving.

### **Roasted Peppers with Minced Garlic**

- 2 pounds firm red bell peppers
- 2 large cloves garlic, minced
- ¼ cup extra-virgin olive oil
- 1 tablespoon ketchup
- Pinch of salt
- 1 tablespoon finely minced fresh parsley

Roast the peppers over a charcoal fire until blistered. After blistering them, put the peppers into a plastic bag and let them stem for 15-20 minutes to loosen the skin. When cool enough to handle, remove the skins and stem and seed the peppers. Cut into strips and put into a bowl.

Sprinkle the garlic over the peppers and drizzle with the olive oil. Add the parsley and salt and let marinate for at least 30 minutes. Serve at room temperature.

### **Minted Rice and Pea Salad**

- 1 thick slice white bread
- ¼ cup red wine vinegar
- 3 cloves garlic, minced
- ½ cup olive oil
- 6 anchovy fillets
- ¼ cup minced parsley
- Salt and pepper, to taste
- 2 cups short grain rice, cooked and cooled
- 2 cups green peas, cooked and cooled
- ¼ pound Spanish ham, cut in thin strips
- ¼ cup fresh mint leaves, cut in thin strips

In a small bowl, soak the bread in the vinegar. Squeeze the bread dry over the bowl, reserving the vinegar. Put the bread and garlic in a blender or food processor. Pour in the vinegar and with the motor running, gradually add the olive oil. Add the anchovies, parsley, salt and pepper and process to combine. Set aside.

Add rice, peas and ham to a large mixing bowl. Toss with reserved dressing. Add mint and adjust seasoning. Serve at room temperature.

## Cumin Scented Empanadas

- 1 pound beef, cooked until completely tender
- 1 teaspoon each cumin
- ½ teaspoon smoked hot paprika
- 5 scallions, dark green part only, thinly sliced
- ¼ cup fresh cilantro leaves
- Extra-virgin Olive oil
- Salt and pepper, to taste
- 1 package empanada wrappers
- Vegetable oil, for frying

Finely shred the beef and place in a medium mixing bowl. Add cumin, scallions, cilantro, salt and pepper. Mix thoroughly, adding just enough olive oil to make the filling bind. Set aside.

Divide the filling among the empanada wrappers. Close the circles at the edges by folding in half, pinching together with your fingers. Set aside while the oil heats.

Add ½ inch oil to a large, heavy sauté pan (make sure that the oil does not come up more than 1/3 of the way up the pan). Heat oil to 350 degrees. Add the empanadas in batches so that they fit in a single layer on the bottom of the pan. Cook until browned on the first side, turn and cook until golden on both sides. Remove from pan and let drain on a wire rack set over a sheet pan. Repeat with remaining empanadas.

## Smoked Ham and Roasted Red Pepper Tortilla

- 1 pound white potatoes, peeled and sliced thin
- Vegetable oil, for frying
- 2 tablespoons olive oil
- 1 small onion, finely diced
- 6 eggs, lightly beaten
- ¼ pound smoked ham, finely diced
- ½ cup roasted red pepper, finely diced
- Salt and pepper

Preheat oil in a large, heavy sauté pan until hot but not smoking. Add potatoes and cook until tender (do not brown). Drain oil and discard; set aside potatoes.

Bring a large nonstick skillet to medium heat. Add olive oil and onion and cook until onion is translucent. Add eggs and stir just enough to combine. Add ham and red pepper evenly over top. Season with salt and pepper. Cook until bottom is browned and eggs are just set. Flip and cook until completely cooked.

Turn out onto plate. Cut in wedges and serve warm or room temperature.

## Chicken and Andouille Strudel

- 1 boneless chicken breast, cooked and shredded
- 4 ounces andouille, cut into 1/4-inch dice
- 2 teaspoons chopped garlic
- 1 teaspoon paprika
- 1/4 teaspoon cayenne
- Barbecue sauce
- Salt and pepper, to taste
- 3 tablespoons freshly grated Parmigiano-Reggiano cheese
- 2 tablespoons dried fine white bread crumbs
- Vegetable oil
- 4 sheets phyllo dough

Preheat the oven to 375°F.

Add the chicken, andouille, garlic, paprika and cayenne to a mixing bowl. Add just enough barbecue sauce to bind the mixture together. Season with salt and pepper.

Mix the cheese and bread crumbs together. Brush the first sheet of phyllo with oil. Sprinkle with cheese mixture. Repeat with remaining sheets. Cut stack into four pieces. Place 1/4 of mixture on each stack. Roll up, tucking in sides, like a burrito. Brush with additional oil. Place the strudels on a baking sheet and bake until golden brown, about 15 minutes. Remove from the oven. Serve warm with additional barbecue sauce.

## Shopping List