

SABADO 25 DE ABRIL - SATURDAY 25TH APRIL

LEARN HOW TO COOK TRADITIONAL DISHES FROM MÁLAGA

APRENDA A COCINAR PLATOS TRADICIONALES MALAGUEÑOS

18th, 25th APRIL and

2nd of MAY 2009

10 A.M. - 2 P.M.

PLACE: CIOMIJAS

PRICE: 35€ / DAY

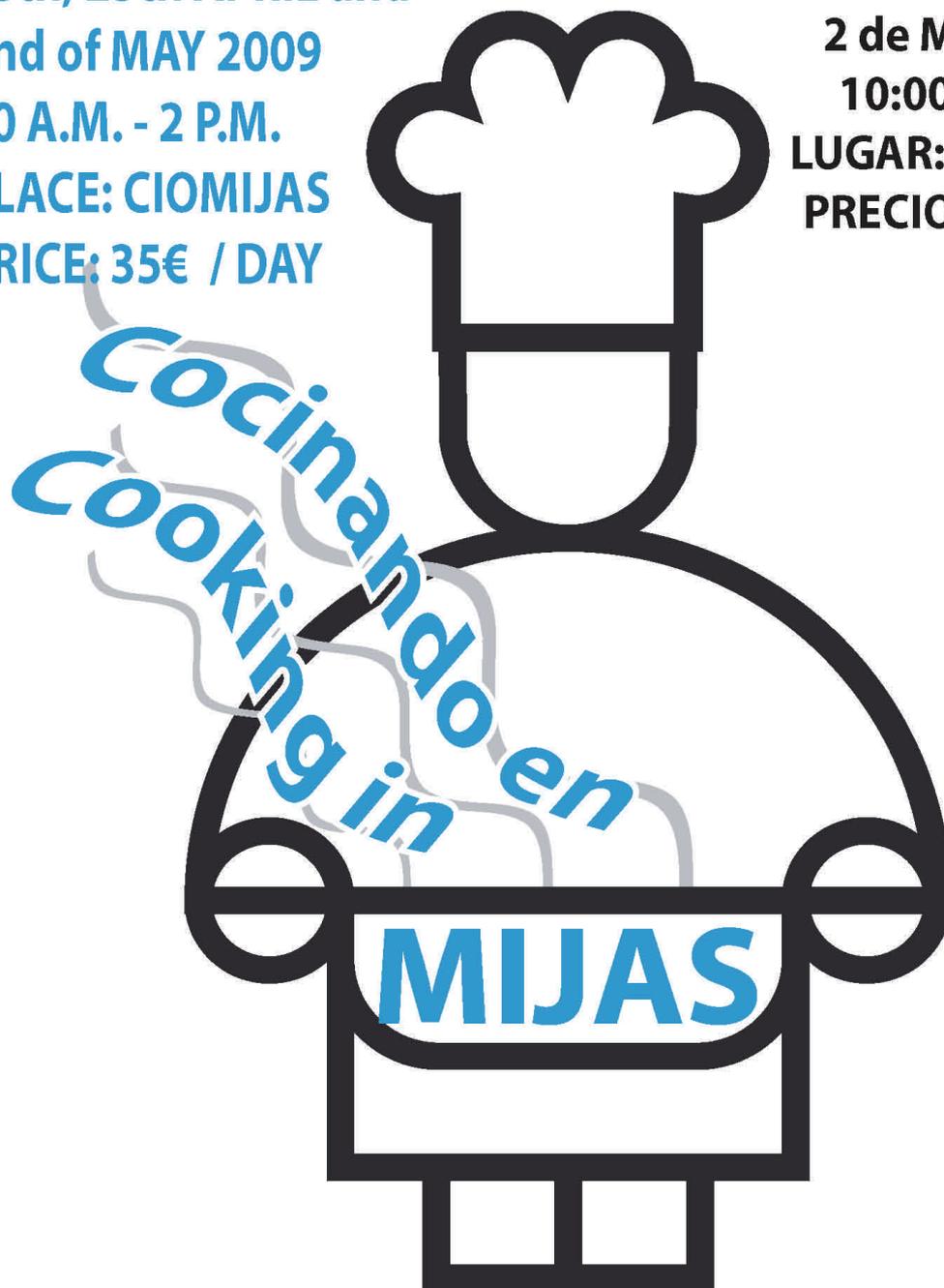
18, 25 ABRIL y

2 de MAYO 2009

10:00 - 14:00 H.

LUGAR: CIOMIJAS

PRECIO: 35 €/DÍA



INFORMACIÓN E INSCRIPCIONES
INFORMATION AND BOOKINGS

TEL. 952 58 90 10

Email: frd@mijas.es

ORGANIZA:
DEPARTAMENTO DE EXTRANJEROS
AYUNTAMIENTO DE MIJAS

Mijas
AYUNTAMIENTO

PIPIRRANA



Seasonal vegetables chopped finely and garnished with oil and vinegar usually served with tuna fish or squid.

Ingredients:

6 tomatoes—2 green Italian peppers—2 fresh onions or 1 onion—2 hard boiled eggs—200 gms. boiled squid—2 cloves of garlic—Salt—Vinegar—Olive oil.

Preparation:

Boil the eggs for 10 minutes. Set aside and allow to cool.

Wash the tomatoes and the peppers, dry with a tea towel and clean away the seeds and stems. Dice all the vegetables and put into a large bowl.

Once the eggs are cool, chop and add to the vegetables. Peel the garlic and chop very finely. Add the chopped up squid and garlic to the rest of the ingredients.

Season with vinegar, extra virgin olive oil and a little salt. Mix and cool in the fridge for a couple of hours before serving.

GAZPACHUELO MALAGUEÑO



The secret of this creamy fish soup is in the quality of the olive oil that we use. It should be virgin extra and of the best quality.



Ingredients:

1 ltr. fish stock—3 potatoes - peeled and cut into squares—1 bay leaf—110 gms. king prawns—100 gms. desalted cod—Sprig of Parsley—Salt—1 egg—1 table spoon of lemon juice—200 cc. fine quality extra virgin olive oil—Bread cubes for serving

Preparation:

Cook the already desalted cod, the potatoes, the bay leaf and the parsley in the stock or water. When it begins to boil, lower the heat, cover and simmer for approximately 10 minutes or until the potatoes are cooked.

Sieve the stock and set aside, keeping hot. Set aside the potatoes. Peel the cooled king prawns. Remove the skin and bones of the cod.

Prepare the mayonnaise beating the egg with the oil, a pinch of salt and the lemon juice until obtaining a creamy mixture.

Mix the mayonnaise with the stock, add the potatoes, king prawns and the pieces of cod. If you wish to thicken the soup, mix half of the potatoes with the stock. Simmer on a low heat for a few minutes. Taste for salt and serve immediately with some of the bread cubes.

If you wish, you can add other fish to the soup, such as haddock or hake, even scallops. A lot of housewives like to add rice. This is a dish that is famous for being given to the sick for its high content of vitamins etc...

POTAJE DE COLES O BERZA.



This malaga style cabbage stew is a typical dish that is served in the ventas and country restaurants of the Malaga mountains. It can be made with a wide variation of meats and sausages but I make a lighter version. It normally has pork loin and ribs, chicken or hen and bacon.

It can also be made with green bean and then it is called “green bean berza”, even though it doesn’t have cabbage. As in most traditional dishes, in almost every home it is made differently.

Ingredients: (for a large pan)

500 gms. ready soaked chickpeas
1 curly cabbage
3 carrots
2 potatoes
1 chorizo sausage
1 ham bone
100 gms. fresh or salted bacon
200 gms. pork (either loin or ribs)
100 gms. chicken
3 black pepper corns
1 bay leaf
2.5 ltr. water



For the “sofrito”

1 onion
3 cloves of garlic
1 spoon of sweet paprika
1 tea spoon of cumin seeds
3 spoons of olive oil

Preparation:

It is a very simple dish to prepare. You will need a good size pan to boil all the ingredients together. You can use a pressure cooker, but it is much better to cook it slowly on a low heat in a normal casserole pan.

Place all the ingredients in the pan, cover with water and bring to the boil. Don’t add any salt until the end, as the chorizo and ham are salty. Cook for at least one hour until all the meats are tender.

When it is almost ready, prepare the “sofrito” stir frying the chopped onion and garlic with the cumin seeds and olive oil. Just before they turn golden, add the paprika and mix for few seconds. Do not allow it to burn as it will make your stew go bitter. Add the “sofrito” to the stew.

Cut the different boiled meats into pieces and serve in soup bowls. It is a stew that has to have a lot of liquid, but if you wish to thicken it a little, mash some of the potatoes and chickpeas into it. If you want a lighter version, just use chicken.

TORRIJAS



Dessert typical of Easter week.

Ingredients for four persons

1 loaf of rustic bread

2-3 eggs

1 stick of cinnamon

100 gms. sugar

100 cc. red wine

250 cc. milk

Olive oil

Sugar and ground cinnamon for serving

Preparation:

Infusion the cinnamon stick in the milk for 5 minutes on a low heat. Set aside and allow to cool. Once cool, add the wine.

Cut the bread into slices of at least 1 cm. thick. Soak the bread in the milk and wine mixture and then drain.

Beat the eggs. Heat the pan with abundant olive oil. Dip the bread into the egg and fry in very hot oil until golden brown.

Drain on kitchen roll and dip into the mixed sugar and cinnamon. Serve warm with a sweet Malaga wine. A different way of serving them is with ice cream or with a warm honey and orange juice mixture.