

RECIPES WITH LEFTOVERS



# FOODWAVE

*Vimianzo*



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# GALICIAN *potage*



**TIME**  
3 hours



**PORTIONS**  
several people



**DIFFICULTY**  
Media

## INGREDIENTS

- A piece of lard
- Beans (they should be soaked for about 12 hours)
- A piece of pork bacon
- Salted peaces of pork: bacon, rib, tongue, head, ear,....
- A piece of chicken meat
- A piece of beef
- Clean and chopped vegetables (turnip greens, turnip tops, cabbage or collard greens)
- Potatoes
- Chorizo Sausages
- Water and salt

## PREPARATION

In a large pot, put the beans, the large and the meats, in plenty of cold water.

This is cooked making sure that the meat does not soften too much. It is withdrawn as it reach the optimum point.

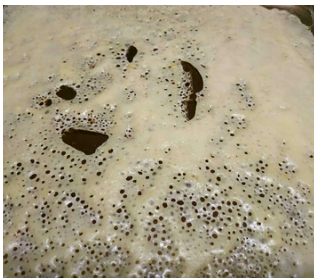
The vegetables and chorizos are added next. The potatoes are incorporated some minutes later. When it is ready, it is separated from the fire.

### Expert tip

Some people melt the bacon in the pan and they add it with the vegetable.

The broth can be served as a first dish, like a soup. For the second dish, potatoes, vegetables, chorizos and meat are served in a bowl from which the diners take what they want.

# GALICIAN *crepes (filloas)*



**TIME**  
1 hour



**PORTIONS**  
several people



**DIFFICULTY**  
Media

## INGREDIENTS

- 500 gr of wheat flour
- 1 litre of water
- Salt (one teaspoon)
- 4 eggs
- Sunflower oil or a piece of bacon to grease the pan

### Expert tip

The filloas have salty or sweet use, they can be taken alone or with others products.

## PREPARATION

A frying pan is needed for preparation.

The first step is to make the dough (moado). We mix the ingredients (flour, water, eggs and salt) and beat, a process in which you can use an electric mixer.

It is convenient to let the dough rest for half an hour.

The filloas are made in the pan (or surface that you choose) oiled. We pour the dough into the pan with a saucepan and spread it on the bottom trying to get a thin layer. We let it cook on one side and then turn it over with the help of a slotted spoon.

# CARNIVAL

*ears*



**TIME**  
2 hours



**PORTIONS**  
2 people



**DIFFICULTY**  
Media

## INGREDIENTS

- A kilo of flour (without yeast, preferable pastry)
- A glass of anise liqueur (200 ml).
- A tub of butter or margarine
- 4 eggs
- A teaspoon of salt
- Sunflower oil (for frying)
- Sugar (normal or icing, for sprinkling)
- 1 lemon (zest or skin)

### Expert tip

It is better to do this work between two people, one is in charge of stretching the dough and preparing the sheets and the other attends to the pan.

## PREPARATION

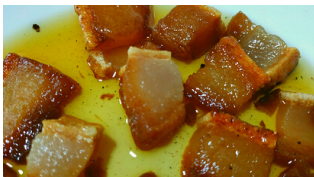
Dough: mix the flour, eggs, anise, butter or margarine (it can melt a little) and salt. As for the lemon, you can add the zest to that dough or introduce large pieces of skin that are removed in the stretching process. Let it rest for half an hour.

Preparation:

- The dough is stretched with the rolling pin. Small pieces are cut and stretching continues. This process can be completed by hand.
- In the frying pan, with the hot oil, put the sheets of dough, so that they are very loose. With a fork, press in the middle to give it the shape of ears.
- Turn them over and when they are golden on both sides, remove them, taking care to drain the oil well.
- In the fountain they are sprinkled with sugar.

# FRIED FLAPJACK

*with bacon*



**TIME**  
1 hour



**PORTIONS**  
2 people



**DIFFICULTY**  
Media

## INGREDIENTS

- 500 gr of wheat flour
- yeast
- 1/2 liter of water
- Salt (one teaspoon)
- 4 eggs
- Sunflower oil or a piece of bacon to grease the pan
- A piece of desalted bacon

### Expert tip

Awe reserve the fat generated in the process of frying bacon, in case we want to use it instead of the oil. It gives a different flavour.

## PREPARATION

NA frying pan is needed for preparation.

We mix the eggs, flour, salt and yeast (can be substituted for gasifier) to make the dough. If self-rising flour is used, it is not necessary yeast.

Let the dough rest for an hour, if you use yeast, or half an hour in the other cases.

While the dough rests, we fry the bacon after have cut it into slices. We separate them and we reserve them.

To make the flapjack, you must grease the pan and spread the dough. In that cake we bury the fried bacon. We let it cook on one side and we turn from top to bottom.

# QUITCHÉ

*vegetables*



**TIME**  
1 hour



**PORTIONS**  
3 people



**DIFFICULTY**  
Easy

## INGREDIENTS

- puff pastry
- Bacon or ham (optional)
- 4 eggs
- Vegetables
- 250 ml cream or milk
- White pepper
- Salt
- White wine or cider
- Olive oil

### **Expert tip**

Cooked vegetables can also be used.

## PREPARATION

We extend the puff pastry mass in a fountain and we prick it with a fork.

In a frying pan with oil, add the vegetables, salt, white pepper and wine white or cider when everything is poached, add the bacon or ham.

We remove the pan from the fire when the mixture is poached. On the other hand, in a large bowl, we beat the eggs, add the cream and stir everything.

This mixture is added to the previous one, we put it on top of the puff pastry and we put it in the oven at 200°C until it sets.

# PUMPKIN *fritters*



**TIME**  
1 hour



**PORTIONS**  
several people



**DIFFICULTY**  
Easy

## INGREDIENTS

- Eggs
- self-rising wheat flour
- Anise
- lemon zest
- Sugar
- Cinnamon
- Salt
- Water
- Pumpkin (striped or cooked)
- Sunflower oil for frying

## PREPARATION

A dough is made by mixing the ingredients and let it rest for 30 min.

In the frying pan, with the hot oil, we pour tablespoons of dough and we let them fry on both sides.

To serve, we can sprinkle with sugar and/or cinnamon.

# APPLE *jelly*



**TIME**  
4 hours



**PORTIONS**  
several people



**DIFFICULTY**  
Easy

## INGREDIENTS

- apples
- Sugar (700 grams for each clean kilo of apple)
- Lemon
- Water

### Expert tip

- For every 700 grams of sugar, 1000 grams of clean apple is used.
- Before the third step, you can pass the blender.

## PREPARATION

We clean and cut the apples. We leave half of the apples with the skin, so that the pectin gives consistency to the preparation.

In a pot we put the apples to cook with a little water (half a glass for each kilo of fruit) and the lemon juice (to prevent the apples from oxidizing).

When the apple is cooked, we add the sugar in the indicated proportion. We let the mix cook over low heat. We must stir frequently until the mixture thickens.

The last step is to store this sweet in sturdy containers with lids, before it cools down.



# OCTOPUS

*with potatoes*



**TIME**  
1,5 hours



**PORTIONS**  
4 people



**DIFFICULTY**  
Easy

## INGREDIENTS

- 1 kilo of octopus
- 8 potatoes
- Water
- Salt
- Olive oil
- sweet paprika

### Expert tip

When the octopus is introduced into the leg, it is stirred nine times.

## PREPARATION

We put the water to boil with half an onion and Salt. When it raises the boil, we introduce the octopus. We let it boil for 40 min.

We remove the octopus and add the potatoes sliced. they are going to put dark.

To serve, put the potatoes with the octopus and add the crude oil mixed with paprika.

# SAUTEED *vegetables*



**TIME**  
10 min



**PORTIONS**  
2 people



**DIFFICULTY**  
Easy

## INGREDIENTS

- Vegetables to taste
- Olive oil, a little
- Salt

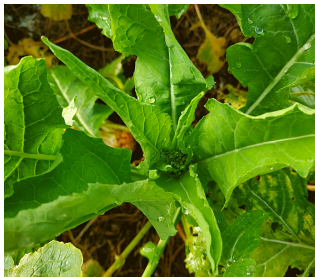
## PREPARATION

We poach the vegetables in a little olive oil and then they are served.

This recipe can be used for accompany meat, fish, eggs or, simply take them as a single dish.

# NABOS

*nabizas e grelos*



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These vegetables found good soil and climate in Galicia and became part of the food of animals and people, providing something green and seasonal in the cold season. Three very different products are obtained from the same plant.

Sowing and harvesting take two parallel calendars during the year. It is said that "For San Vicente plant the turnips of the seed". This is at the end of January and you have to make sure it's not a full moon. These days in January are used to collect the seed for the following season. After they flower, pods with tiny black balls come out, around May and June. These plants are collected and left to dry in a sunny, dry and ventilated place. Then they are beaten and that seed is saved.

In the potato field, at the end of August, the turnip is planted, which will provide the vegetables for the winter. The old people say that it should not be cultivated at the end of the moon and that it should be fertilized well with manure, because turnips are lambs. It is also convenient to sow in several shifts, no later than September 8, to ensure the harvest

Around October we have the first buds. They are plants that endure and appreciate the cold. In February they start to bloom. At that time we have the turnips, just before the characteristic yellow flower comes out.

It is a vegetable that gives us a seasonal cuisine in carnival.

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Photos and text of recipes by Rosa M. Sánchez Martínez.  
Composition by Lorena Cernadas Soto.



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