



# RECIPES' BOOK

Takes initiative from the Council  
of Vimianzo for the *Food Wave*  
*Vimianzo 2023* project.





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## Chicken and egg salad



### INGREDIENTES

1/3 cup of vinegar  
1 tablespoon of Dijon  
mustard  
2/3 cup of extra virgin  
olive oil  
1 romaine lettuce  
4 boiled eggs  
350g of baked chicken  
(from the day before)  
115g of leftover cheese  
8 slices of bacon  
1 avocado  
6 cherry tomatoes  
1 chopped onion

1. Wash the lettuce, tomatoes and onion. Meanwhile, mash the vinegar, mustard and oil in a bowl.
2. In a large bowl spread the chopped lettuce, add boiled eggs in slices, the chicken, the avocado, the cubes of cheese and the cherry tomatoes.
3. Salt and pepper and add the vinegar mixture.



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## *Guiso de polbo*



## INGREDIENTES

800g of octopus or 4  
cooked octopus legs  
2 big onions  
3 ripe tomatoes, peeled  
and chopped  
4 cloves of garlic  
1/2 red pepper  
1/2 green pepper  
1 laurel leaf  
60ml of white wine  
1/2 chilli pepper  
1/2 paprika  
Extra virgin olive oil  
Potatoes in sufficient  
quantity  
Aromatic herbs  
Parsley

1. Cook the octopus or, if it is already cooked, cut it into rings.
2. Place in a low pan with 2 or 3 tablespoons of extra virgin olive oil and fry the onion with the finely chopped garlic cloves and the diced peppers.
3. Season with salt and pepper and when everything is well poached add the wine, leave to evaporate for a few seconds and add the tomato, the chilli and a dash of paprika, the bay leaf and the aromatic herbs. Then add 200 ml of the water used to cook the octopus.
4. Cover the pot and leave on a medium-low heat for ten to twelve minutes. Add the potatoes cut in quarters if they are very large or in halves if they are smaller until they are cooked (the potatoes help to thicken the bottom a little).
5. Once the potatoes are ready, taste the sauce and correct if necessary. Slice the previously cooked octopus and soak it in the sauce with gentle stirring movements to ensure it is well soaked.
6. Drizzle with paprika oil, sprinkle with chopped parsley and serve hot.



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## *Vegetable soup*



### **INGREDIENTES**

- 1 onion cut into rings
- 2 chopped garlic cloves
- 330g of potatoes in cubes
- 2 carrots cut to taste
- 1/2 stalk of celery
- 1 joint
- 2 small spoons of butter
- 1 dash of sherry wine
- 1l of polo broth
- Olive oil and salt

1. In a pot, preferably an express pot, poach the beans in butter and when they start to dance add the onion, celery and leek, then the asparagus and leave for ten minutes on a low heat and add salt.
2. Add the potatoes in small cubes, a drizzle of olive oil, turn once and cover with water. Add a ladleful of chicken stock and when it boils add the sherry and cover for eight minutes in the express cooker and twenty-five minutes in a normal pot.



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## *Stew croquettes*



### INGREDIENTES

Leftover stew (meat)  
200ml of stew stock  
50g of butter  
50g wheat flour  
400 ml of leite inteiro  
2 eggs  
1 onion  
Bread crumbs for the  
croquette batter  
Extra virgin olive oil  
Salt and pepper to taste  
A dash of nutmeg

1. Chop the meat and onion very finely and fry them in a frying pan with the butter and a drizzle of oil, leaving it over a low heat until it is very soft. While we blend the milk and stock, we boil the mixture in a saucepan to keep it very hot when we need it.
2. Put the meat with the onion and butter and add the flour and stir to integrate it with the meat and butter and gradually add the milk and stock mixture little by little.
3. As you add the liquid, continue stirring with a spoon for about twenty to twenty-five minutes until the croquette paste is the consistency you like.
4. Taste and adjust the salt and pepper and add a dash of nutmeg. When the croquette dough is ready, with the texture of thick milk sauce, pour it into a bowl to cool well, without cutting it.
5. Make the croquettes in the traditional way by dipping them in egg and breadcrumbs. Fry in plenty of oil.

\*If you do not want to fry them for the moment, you can freeze them or keep them in the fridge for a maximum of two or three days.



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*Galician “empanada”*



## INGREDIENTES

500 g of flour (special  
for bakeries)  
200 ml of lukewarm  
water  
One sachet of baking  
powder  
Two teaspoons of salt  
(7g approx.)

1. In a large bowl, preferably made of plastic or similar material, put almost the entire amount of flour, leaving four separate layers to be added little by little as you knead. In the centre of the bowl place a culler furado to deposit the water needed for the recipe.
2. Next, add a few spoonfuls of salt to absorb the water and mix the mixture with your hands or a wooden spoon. Then, before it is all homogeneous and crushed, add the baker's yeast.
3. We will knead it until it acquires a consistency without flattening it so that it can then increase its volume.



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## Tacos de peixe



### INGREDIENTES

White fish fillets (hake,  
monkfish...)  
4 corn pancakes  
Garlic  
A dash of lemon juice  
Mayonnaise  
Lettuce  
Extra virgin olive oil

1. Season the fish fillets with a tablespoon of lemon juice.
2. Mix a tablespoon of garlic with a pinch of salt and bind the fish fillets in this mixture.
3. Place a frying pan on the heat with a little olive oil and cook the fillets over a medium heat for three to four minutes on each side. At the last minute, sprinkle the lemon juice over the fish.
4. Mix 1/3 cup mayonnaise and 1 tablespoon lemon juice in a bowl. Add the lettuce and carefully cover all the ingredients.
5. Serve the tacos in the corn pancakes with the lettuce mixture, the prepared fish and top with lime wedges.



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## Torradas



## INGREDIENTES

Bread from the day  
before, bread roll or  
loaf  
1 litre of milk, full-fat  
or semi-skimmed  
1/2 glass of anisette  
(liquid)  
1 lemon  
2 cinnamon sticks  
3 eggs  
100gr of sugar  
Oil of sunflower oil

1. Start by heating the milk in a saucepan over medium heat. When it starts to boil, add the sugar and stir. Add the cinnamon sticks and the lemon peel to our mixture.
2. Now we are going to cut the pan into pieces, the pan from the day before because it will be harder and easier to work with.
3. We strain the milk mixture from the list, strain it and pour it into a deep dish to which we will add the bowl of aniseed. Remove and let it cool. Beat the eggs and add them to the mixture.
4. Heat well in a bowl and first dip the ends of the pan in milk and then in egg. It is important to strain enough so that it does not run off and go into the bucket.
5. We give several turns so that it cooks evenly on both sides, once toasted, until it has a color similar to golden.
6. From time to time, sprinkle with the sugar and cinnamon mixture.





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## Chestnut cake



### INGREDIENTES

750g chestnuts

100g of butter

500ml milk

6 eggs

150g sugar

60g white sugar for the  
caramel

1. Put a saucepan over a low heat with 60g of sugar and a couple of spoonfuls of water. When the caramel starts to toast, pour it into the mould in which we are going to make the cake, covering the bottom completely.
2. Cook the chestnuts for five minutes with a cut in order to peel them. Then peel them and cook them in milk so that they are very soft. Mash the chestnuts with the milk and mash them with the butter.
3. In a bowl, mix the sugar with the egg yolks, beating until very white. Add the cooked chestnut cream and mash well. Beat the egg whites until stiff and fold into the cream.
4. Fill the caramelised mould and bake in a bain-marie in the oven until it has enough consistency. Let the cake cool and carefully unmould it, turning it upside down so that the caramel remains on top.



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## Xeado de turrón



## INGREDIENTES

1 tablet of Xixona  
nougat (leftover from  
the Christmas season)  
300ml of milk  
440ml of cream  
Lemon zest  
100g of white sugar  
2 egg yolks

1. Flavour the 300 ml of milk and heat it. Once hot, wash the lemon and grate the peel.
2. Remove the yellow part of the lemon and not the white. Once the milk is boiling, add the scraper and lower the heat and leave to stand for ten minutes.
3. In another case, mix the cream with the infused milk and heat it over a low heat. While it is heating, separate the egg yolks from the egg whites. Add the sugar to the egg yolks and beat until you obtain a whitish mixture.
4. Chop the nougat into small pieces and mix to obtain as homogeneous a mixture as possible. If you have a stick blender, wait two or three minutes. Mix everything together and blend.
5. Leave the mixture to cool to room temperature, then pour it into a container and leave it in the freezer for three hours. After this time, we put it in the nail polish for another two hours. Leave it for another two hours, removing the film every so often to avoid crystallisation.



**FOOD WAVE VIMIANZO  
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*Photos by Pixabay*

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