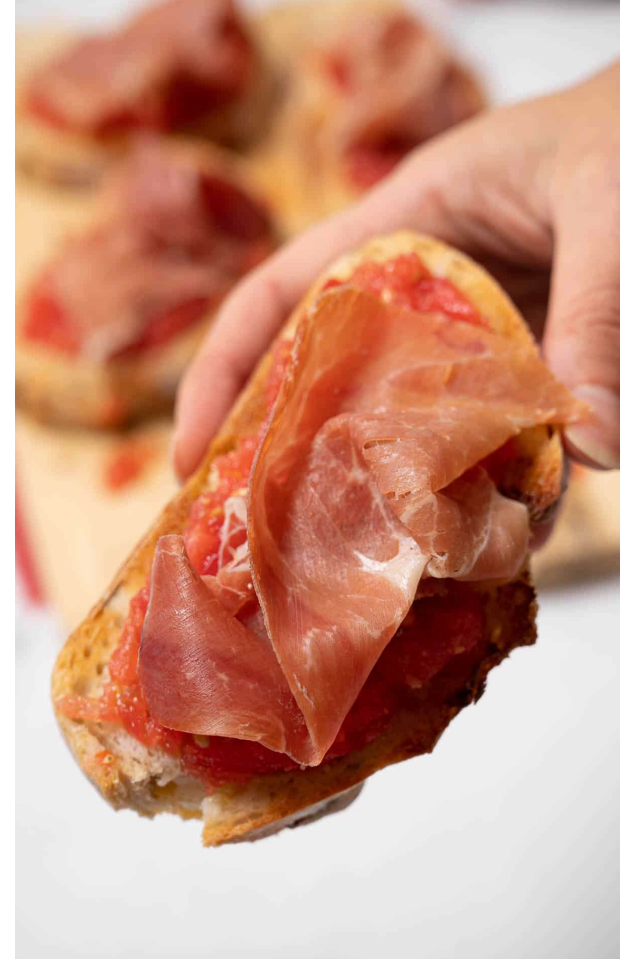
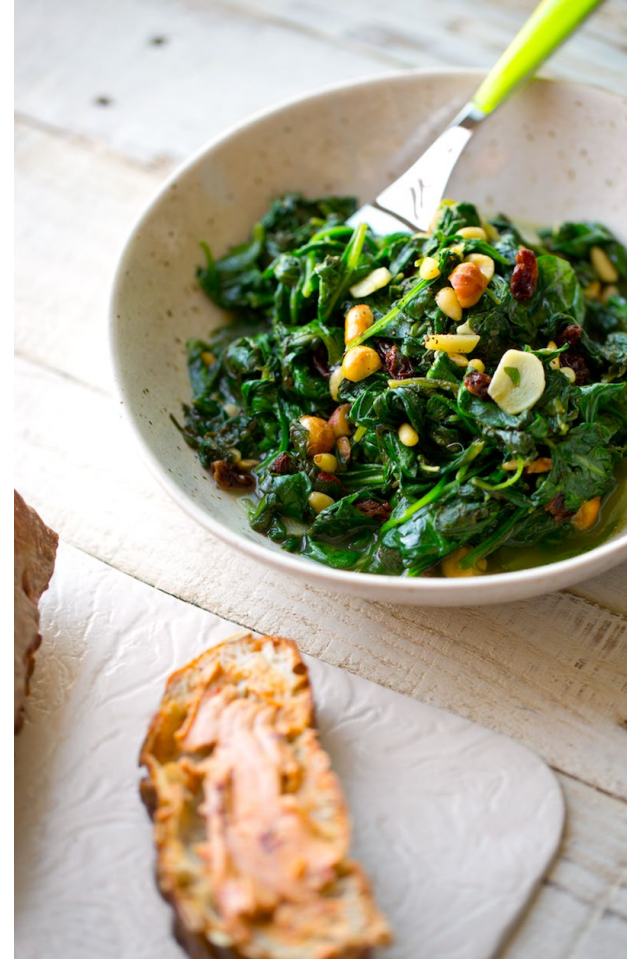




TAPAS AND THE CULINARY TRADITIONS OF SPAIN: A HANDS-ON EXPLORATION

UCF Rosen College

Cesar Rivera-Cruzado M.Ed.



AGENDA

- Introduction
- Hand-on Experimentation
 - Pan Con Tomate
 - Espinacas a la Catalana
 - Berenjenas fritas con miel
 - Rosejat



SPANISH TAPAS CULINARY TRAINING

This hands-on culinary course introduces students to the rich world of Spanish tapas, emphasizing their cultural roots, regional diversity, and social dining traditions. Participants will prepare and taste both classic and modern tapas—such as tortilla española, chorizo al vino, and Basque-style pintxos—while exploring their historical and cultural significance. In addition to learning core techniques, students will develop skills in creating and presenting a balanced tapas-style menu. Ideal for culinary students, hospitality professionals, and food enthusiasts, the course promotes creativity, cultural awareness, and an appreciation for Spain's vibrant gastronomic heritage..



RECIPES



RACK OF LAMB WITH HONEY ALLIOLI

INGREDIENTS

- 1 rack of lamb
- 1 tsp Cummins seeds
- ½ cup Cilantro (leaves & stems)
- ½ cup Parsley (leaves)
- 3 ea. Garlic Cloves
- ¼ cup Vegetable oil

TIP

Make the Allioli in advance

PREPARATION

1. Using a sharp knife, trim the fat from the rack of lamb, exposing the rib bones while keeping them attached to the loin.
2. Prepare the mojo verde by combining the cumin seeds, cilantro, parsley, garlic, and olive oil in a blender. Blend until smooth.
3. Rub the mojo verde evenly over the lamb. Season with salt and pepper to taste.
4. Place the lamb in a zip-top bag and marinate for 10 minutes.
5. While the lamb is marinating, combine the aioli and honey in a small bowl. Mix thoroughly with a fork until well incorporated.
6. Remove the lamb from the bag and place it on a sheet pan.
7. Roast in a preheated 375°F (190°C) oven for approximately 15 minutes, or until the desired level of doneness is reached.
8. Remove the lamb from the oven and let it rest briefly. Slice the rack between the bones to create individual chops.
9. To serve, place a spoonful of honey aioli on each plate and top with a lamb chop. Finish with a light sprinkle of salt, if desired.



GAMBAS AL AJILLO



INGREDIENTS

- ¼ cup EVOL
- 6 ea. Garlic clove, slice
- 10-15 Shrimp, large, peeled and deveined
- 1 tsp Guindilla chili pepper, or Pepper flakes
- 1tsp brandy
- 1 tbsps Parsley, chopped
- Salt to taste

TIP

Use extra-virgin olive oil for depth, but finish with a few drops of neutral oil to balance viscosity.

PREPARATION

1. Place the garlic and olive oil in a cold sauté pan. Add a pinch of salt.
2. Set the pan over medium-low heat and allow the garlic to gradually come up to temperature with the oil. This slow infusion helps release the garlic's sweetness and aroma while preventing it from becoming bitter.
3. When the garlic becomes fragrant and turns a pale golden color, immediately add the shrimp to the pan.
4. Sauté the shrimp until they are lightly browned and cooked through.
5. The residual heat from the oil will continue to cook the garlic while allowing the shrimp to sear properly without overcooking the garlic.
6. Sprinkle with the parsley, add salt to taste, and serve.



ESPINACAS A LA CATALANA

INGREDIENTS

- 2 tbsp Extra virgin Olive oil
- 1 Golden Apple, peeled cored, and cut into ¼-inch cubes.
- ¼ cup Pine nuts
- ¼ cup Raisins seedless
- Salt
- 10 oz Baby spinach

TIP

For extra depth of flavor, lightly toast the pine nuts in a dry pan before adding them to the dish. This enhances their nuttiness and adds a delicious contrast to the sweetness of the raisins and the earthiness of the spinach.

PREPARATION

1. Heat the olive oil in a large pot over a high flame.
2. When the oil is very hot, add the apple cubes and cook until they are a little browned, less than 1 minute.
3. Add the pine nuts and cook until they are brown, about 20 seconds. Keep the pot moving so the nuts don't burn.
4. Add the raisins and the ½ teaspoon salt, and stir together.
5. Add the spinach, mix, and sauté very fast until it starts to wilt.
6. Then remove the pot from the heat; the spinach will continue to wilt off the heat.
7. Add salt to taste, and serve immediately.

ROSSEJAT

INGREDIENTS

- 3 tbsp Extra virgin olive oil
- 7 oz Fideos (angel hair pasta, broken into 1 inch lengths)
- 6 ea. Shrimp,
- 8 oz. Cod fillet, diced
- 2 ea. Portobella mushroom
- 2 ea. Shallots, slice
- 14 oz Spanish sofrito:(Tomato, onion, garlic, paprika, olive oil)
- 1 tsp Saffron
- 24 oz. Stock
- 2 tbsp Parsley, chop

TIP

For extra flavor, lightly toast the dry pasta in olive oil until deep golden brown—this step not only adds a rich, nutty taste but also helps the pasta hold its shape better when simmered in broth.

PREPARATION

1. **Toast the Pasta:** Heat 1 tbsp of oil in a skillet over medium heat. Add the pasta and sauté, stirring often, until golden brown. Transfer to a bowl and wipe out the skillet.

2. **Cook the Shrimp:** Add 1 tbsp of oil to the skillet. Cook the shrimp in a single layer for 1-2 minutes without stirring, then flip and cook for 30 seconds more until opaque. Set aside and keep warm.

3. **Cook the Fish:** In the same skillet, cook the fish for 1 minute on one side, then flip and cook for another 30 seconds. Add to the bowl with the shrimp and cover.

4. Build the Base

Add the final 1 tbsp of oil to the skillet. Sauté shallots until soft, then add the portobella and cook briefly until fragrant. Stir in the sofrito, toasted pasta, broth, and saffron. Bring to a boil, then reduce heat and simmer for 3-5 minutes, until most of the liquid is absorbed.

5. **Broil:** Add the cod to the skillet, then place the pan under the broiler. Broil for 3-5 minutes until the top is crisp and lightly browned.

6. **Finish & Serve:** Top with the shrimp and their juices. Sprinkle with parsley and serve immediately.



ALLIOLLI

INGREDIENTS

- 1 ea. Egg
- 1 cup Olive oil, extra-virgin
- 1 ea. Garlic clove, peeled
- 1 tsp Sherry vinegar
- Salt

PREPARATION

1. Add the garlic, egg yolk, lemon juice, and a pinch of salt to the Vitamix.
2. Blend on low speed until the garlic is finely chopped.
3. While blending, **very slowly** drizzle in the oil through the lid plug opening. This slow addition is key to forming a stable emulsion.
4. Once all the oil is added and the mixture thickens, taste and adjust salt or lemon juice as needed.

TIP

For a smooth and stable alliooli, make sure all your ingredients—especially the egg (if using) and oil—are at room temperature. This helps the emulsion form more easily and prevents it from splitting.



THANK YOU

Cesar O. Rivera-Cruzado M.Ed.

Cesar.riveracruzado@ucf.edu

