



OUR RECIPE BOOK

AEPA VILLAMALEA





RECIPE

TITLE: PAELLA

FROM THE KITCHEN OF: ISABEL

PREP TIME: 15 MINUTES COOK TIME: 50 MINUTES

SERVES: 6 PEOPLE TOTAL TIME: 65 MINUTES

INGREDIENTS

HALF KILOGRAM RICE

HALF CHICKEN

HALF RABBIT

200 GRAMS GREEN BEANS

5 TABLESPOON GRATED TOMATO

4 CLOVES GARLIC, OLIVE OIL, SAFFRON AND SALT,

DIRECTIONS

CUT THE CHICKEN, THE RABBIT AND THE GREEN BEANS.

HEAT SOME OLIVE OIL IN A "PAELLA PAN", ADD SALT.

FRY THE CHICKEN AND THE RABBIT.

ADD THE GARLIC, THE GREEN BEANS AND THE TOMATO, AND FRY THEM.

ADD ENOUGH WATER AND BOIL FOR ABOUT 30 MINUTES.

ADD THE SAFFRON AND THE RICE, AND STEW FOR ABOUT 20 MINUTES.



RECIPE

TITLE: CHOCOLATE CAKE

FROM THE KITCHEN OF: ISABEL MORENO GARCÍA

PREP TIME: 15 MINUTES

COOK TIME: 50 MINUTES

SERVES: 10

TOTAL TIME: 1 HOUR

INGREDIENTS

3 EGGS M, 200 G. WHITE SUGAR, 120 G. SUNFLOWER OIL, 160 G. WHOLE MILK, 180 G. WHEAT FLOUR, 50 G. UNSWEETENED COCOA POWDER, 2 TEASPOONS BAKING POWDER, 1 PINCH OF SALT AND 100 G. HOT WATER.

DIRECTIONS

BEAT THE EGGS AND SUGAR, WE ADD THE OIL AND WE ADD THE MILK. WE SIFT THE FLOUR, COCOA, BAKING POWDER AND SALT. WE INTEGRATE THE FLOUR WITH ENVELOPING MOVEMENTS. WE ADD THE HOT WATER. WE PREHEAT THE OVEN TO 180°C, HEAT UP AND DOWN. WE GREASE AND LINE THE MOLD. POUR THE MIXTURE AND BAKE FOR 50 MINUTES. LET IT COOL FOR 15 MINUTES.



RECIPE

(recepta)

TITLE: Extremadura style potatoes

FROM THE KITCHEN OF: of Charles Arquiano

PREP TIME: about an hour COOK TIME: about 13,00

SERVES: _____ TOTAL TIME: _____

INGREDIENTS

For four people

1 kg. chard, 4 potatoes, 1 onion, 2 garlic cloves

1 teaspoon of paprika

parsley

olive oil

salt to taste

DIRECTIONS

- 1) Cut the chard into small pieces. Wash them well and put them to cook in a pot, for 12 min, with water and salt. covers. After, put them to drain.
- 2) Cut the onion and the garlic. Poach and reserve. In this same oil, fry the diced potatoes.
- 3) In a pot mix the chard, the potatoes, onion, garlic and 1 teaspoon of paprika.
- 4) Ready to eat.



RECIPE

TITLE: RICE SALAD

FROM THE KITCHEN OF: PILI

PREP TIME: 20 MINUTES

COOK TIME: 20 MINUTES

SERVES: 4 PEOPLE

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 200 Gr. RICE

- 150 Gr. TUNA

- 150 Gr. PINEAPPLE

- 150 Gr. SURIMI STICKS

- 100 Gr. CORN

- 50 Gr. MAYONNAISE

- 4 BOILED EGG

- 1 LETTUCE

- 100 Gr. PEAS

- PINCH OF SALT

- 50 Gr. Black OLIVES

- LITTLE OIL

DIRECTIONS

- COOK THE RICE AND PEAS WITH WATER, LITTLE OIL, AND SALT

- BOIL, PEEL EGGS AND CHOP THEM

- CUT THE PINEAPPLE, SURIMI STICKS AND LETTUCE

- MIX ALL THE INGREDIENTS WITH MAYONNAISE AND

- SERVE THE FOOD IN THE PLATE AND DECORATE WITH LETTUCE AROUND.



RECIPE

TITLE: PIZZA PEPPERONI

FROM THE KITCHEN OF: ÁNGELA SERRANO

PREP TIME: 10 MINUTES COOK TIME: 15 MINUTES

SERVES: _____ TOTAL TIME: 25 MINUTES

INGREDIENTS

TOMATO, 1 PIZZA DOUGH, MOZZARELLA
PEPPERONI GRATED, CHEESE,
SALAMI, OREGANO

DIRECTIONS

FIRST ON THE DOUGH, WE SPREAD A LAYER OF TOMATO
POSTE WITH THE HELP OF A KNIFE. THEN, WE PLACED
A LAYER OF MOZZARELLA, LATER WE CUT 20 SLICES OF
PEPPERONI AND UNIFORMLY DISTRIBUTE. WE ADD A FEW
PIECES OF SALAMI. BY LAST, WE SPRINKLE GRATED CHEESE AND
OREGANO TO OUR TASTE. WE BAKE IT FOR 15 MINUTES AT 180°C
AND IT'S READY.



RECIPE

TITLE: CHICKEN CURRY

FROM THE KITCHEN OF: ESTEFANÍA

PREP TIME: 20 MINUTES

COOK TIME: 20 MINUTES

SERVES: 4 PEOPLE

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 3 PEPPERS (1 RED, 1 GREEN, 1 YELLOW)
- 1 ONION
- 1 CAN OF COCONUT MILK
- 2 CHICKEN BREASTS
- CURRY POWDER
- 2 CUPS OF BASMATI RICE.

DIRECTIONS

CUT INTO CUBES THE PEPPERS, ONION AND
CHICKEN AND FRY THEM WITH SOME OIL FOR
10 MINUTES. ADD 2 TABLESPOONS OF CURRY
AND MIX. ADD THE COCONUT MILK AND SIMMER
FOR 20 MINUTES. BOIL THE RICE UNTIL READY.
ADD SALT TO TASTE AND ENJOY!



RECIPE

TITLE: "FIDEGUA"

FROM THE KITCHEN OF: CARMEN

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

SERVES: 4 PEOPLE

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 600 G OF NOODLES
- 1'5 DL OF OIL
- 250 G OF SHRIMP
- 5 G OF PAPRIKA
- 200 G OF CUTTLEFISH
- 2 L OF FISH BROTH
- 100 G OF TOMATOES AND SALT
- 2 CLOVES OF GARLIC

DIRECTIONS

- 1- ADD THE OIL, 1'5 DL OF OIL AND 2 CLOVES, OF GARLIC.
- 2- SAUTE THE GARLIC CLOVES AND TOMATO.
- 3- ADD 250 G OF SHRIMP AND 200 G OF CUTTLEFISH AND
SAUTE
- 4- ADD 2 L OF FISH BROTH AND SALT AND BOIL FOR 20 MINUTES.
- 5- COOK THE FIDEGUA, WITH 2 L OF FISH BROTH.
- 6- SERVE THE FIDEGUA, AND ENJOY.



RECIPE

TITLE: "BANANA BREAD"

FROM THE KITCHEN OF: ANA ROSA

PREP TIME: 10 COOK TIME: 45

SERVES: 4 TOTAL TIME: 55

INGREDIENTS

- 3 BANANAS (300g)
- 150 ALMOND FLOUR
- 4 EGGS
- 16 G. BAKING POWDER
- 100 G. BLACK CHOCOLATE

DIRECTIONS

- 1) MIX ALL THE INGREDIENTS, EXCEPT THE CHOCOLATE
- 2) ADD THE CHOCOLATE AND MIX MANUALLY
- 3) POUR THE MIXTURE INTO AN OVEN-SAFE CONTAINER
- 4) BAKE 45 MINUTES AT 180 C DEGREES
- 5) ENJOY!!



RECIPE

TITLE: TORTILLA DE PATATA

FROM THE KITCHEN OF: MARIA JOSE

PREP TIME: 50 MINUTES COOK TIME: 10 MINUTES

SERVES: 4 TOTAL TIME: 1H

INGREDIENTS

4 POTATOES

OLIVE OIL

SALT

4 EGGS

MILK

DIRECTIONS

PEEL THE POTATOES

FRY THE POTATOES IN OLIVE OIL

ADD SALT TO TASTE

BEAT THE EGGS, ADD A TASTE OF SALT AND A LITTLE

MILK. MIX THE POTATOES WITH THE EGG

COOK UNTIL, COOKED, ON BOTH SIDES