

*Recipes with
Sun-dried Tomatoes*



UNIÓN
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*Recipes with
Dried Fruits*



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Recipes with Sun-dried Tomatoes

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Sun-dried tomato and mozzarella bites

Ingredients:

- slices of bread
- garlic
- sun-dried tomatoes
- mozzarella
- oregano

Method:

Cut the bread and rub the garlic on it, then wet the sun-dried tomatoes with olive oil and place them onto the slices of bread.

Put them into the oven for a few minutes and later take them out to add the mozzarella and replace them in the oven until melted, once ready take them out and add oregano to taste.

Sun-dried tomato and mushroom terrine

Ingredients:

- 750g mushrooms
- 100g butter
- 150g sun-dried tomatoes
- 200 fl oz white wine
- 3 shallots
- 4 eggs
- 300g cream cheese
- juice of 1 lemon
- spoon of corn starch
- salt and black pepper to taste

Method:

Filet the mushrooms and squeeze lemon juice on top, chop the shallots and soak the tomatoes in the heated wine. In a pan, sweat the shallots and the mushrooms in butter, season to taste. Once cold, chop until the desired texture is reached. Move to a bowl and incorporate the cream cheese and corn starch. Mix well and add the eggs one by one integrating the mixture at the same time. Season to taste.

Line up a mould with catering film and scoop in half of the mixture, Place the soaked tomatoes in julienne and finish to fill it up with the rest of the mixture. Cover with foil and cook in a bain marie in the oven at a moderate temperature for 45 minutes or until when poked with a toothpick it comes out clean.

Allow to cool, then take out of the mould and serve cold with a fresh salad or a ramekin of rice.

Sun-dried tomato and spinach fusilli pasta

Ingredients:

- 320g fusilli
- 300g spinach
- 12 sun-dried tomatoes
- 8 anchovy fillets
- 4 spoons olive oil
- 1 clove garlic
- 1 chilli, parmesan

Method:

In a frying pan warm the olive oil and the peeled garlic clove and the shredded chilli, then add the tomatoes and finely chopped anchovies.

Leave to cook for a few minutes then add the washed and dried spinach. Cover with a lid so that the spinach releases the water and cook for 10 minutes. (add salt if needed at the end)

Take a pan of water at boiling point with salt and cook the fusilli. Drain off the pasta when is "al dente" and add to the frying pan with the spinach sauce, turn up the heat and leave to cook for a few minutes. Sprinkle with 3 spoons of grated parmesan, stir well, take off the heat and serve immediately.



Sun-dried tomato and aubergine risotto

Ingredients:

- 700g arborio rice
- 1 onion
- 100g sun-dried tomatoes
- 1 aubergine
- 1 level spoon paprika
- 1 glass dry white wine
- 300 fl oz vegetable stock
- knob of butter
- parmesan

Method:

Chop really thin and sweat the onion in a little olive oil. Slice the aubergine and add until cooked a little. Immediately add the sliced tomatoes. Keep moving to bind the flavours before adding the rice.

Cook the rice to toast for a few minutes, add the paprika, then add the white wine. In order that the rice becomes creamy and releases its starch little by little never completely cover with liquid and constantly stir. Add the stock which should be warm so as not halt the cooking process and add it by the spoonful, do not add the next spoon until the previous has been absorbed.

This process could last up to 20 minutes but keep trying the rice to ensure that it is right. Off the hob add the knob of butter and mix until completely melted. Also grate the parmesan and mix well, keep some of the parmesan aside to decorate and serve hot.



Ricotta filled Meat Roll

Ingredients:

- a piece of beef to roll
- 200g ricotta
- 50g sliced sun-dried tomatoes
- 100g cubed and cooked cold turkey
- salt and pepper
- 1 glass red wine
- 1/2 glass vinegar
- 2 crushed garlic cloves
- 1/2 glass chopped parsley
- 1 glass water, 1 spoonful flour

Method:

Cut the meat in half lengthways without cutting through the meat. Open each half again without separating it until it makes a rectangle and put to one side. Mix the ricotta, tomatoes and cold turkey in a bowl. Season and put to one side. Place the filling on top of the meat and roll up, sew together with a cotton thread to close and put in a casserole dish. Mix the wine, the vinegar, the garlic and parsley, season and rub the meat with this mixture. Cover with kitchen foil and put into a moderately pre-heated oven for approx. 1 hour. Baste from time to time.

Take the meat out and put to one side. Put the casserole dish on the hob, add the glass of water and stir to deglaze the dish and keep the flavour. Take off the heat and strain. Put the flour into a saucepan and add the liquid over medium heat until it thickens. Serve the meat in slices with the sauce.

Chicken Pate with Sun-Dried Tomatoes

Ingredients:

- 4 slices white and 4 of black bread
- 2 tablespoons mayonnaise
- 2 tablespoons marie rose sauce
- sun-dried tomatoes and thyme

For the filling:

- 1/2 glass sun-dried tomatoes
- 1 clove crushed garlic
- 2 glasses cooked and processed chicken
- 200g white cheese
- 200g whipped cream
- 1/2 tablespoon chopped thyme, olive oil, salt and pepper

Method:

Soak the tomatoes in warm water for approx. 75 minutes. Take them out and strain. Season with garlic and a pinch of salt, cover with oil and put to one side. Put the chicken in a bowl and add the white cheese, mix well and add the thyme and drained, chopped tomatoes.

Add the cream and season, cover the mixture and place in the fridge. Remove the crusts of the white bread and cut in half. Line a savarin mould with grease-proof paper, line the mould with the bread and marie rose sauce. Put the filling in the mould and press well into place with a spoon. Spread the mayonnaise on the filling and cover with the brown bread, press into place again and wrap with grease-proof paper.

Put in the fridge until ready to serve. Unmould and cut into squares, serve with sun-dried tomatoes, olive oil and sprigs of thyme.

Chicken, Olive and Sun-Dried Tomato Cake

Ingredients:

- 150g flour
- 3 eggs
- 2 teaspoons baking powder
- 2 tablespoons milk
- 2 chicken breasts
- 2 tablespoons green olives
- 2 tablespoons black olives
- 100g sun-dried tomatoes
- mozzarella
- salt and pepper
- oregano, parsley, basil..

Method:

Beat the eggs in a pot and add the milk and oil and mix. Sieve together the flour and baking powder in another bowl and mix. Add the egg, milk and oil mix and stir until it comes together in a smooth dough.

Cut the chicken breasts and tomatoes into cubes, cut the olives into small slices. Then add them to the dough, also add the chopped mozzarella, herbs, season with salt and pepper and delicately fold together.

Grease a mould with butter and place the mixture inside. Put in the oven on 180°C for 30 to 40 minutes. Once ready, take it out of the oven and serve warm or cold. Delicious!



Rocket and Sun-Dried Tomato 'Rosca'

Ingredients:

- 50g yeast
- 300 fl oz milk
- 1 teaspoon sugar
- 2 eggs
- 100g soft butter
- 600g flour
- 1 tablespoon salt
- 200g semolina
- oil (to spread)
- 1 egg and milk to brush
- sesame seeds

For the filling:

- 200g rocket
- half a cup of chopped, drained, re-hydrated tomatoes
- 1 tablespoon oil
- salt and pepper

Method:

Disolve the yeast in a little warm milk add the sugar in the liquidizing bowl, liquidize until it is mixed and foaming. Add the eggs and butter until completely incorporated. Put to one side.

Put the flour, salt and semolina in a bowl and mix, add to the previous mixture and bring the ingredients together by adding the milk until a soft dough is formed that comes away easily in your hands.

Let the dough rest in an oiled bowl covered with grease-proof paper in a warm place for 15 minutes. Then take out and flatten with your hands, use a rolling pin to further flatten and make into a rectangular shape. On top of the rolled out dough place the rocket leaves and tomatoes, season and sprinkle with olive oil.

Roll it up, starting with the longest side. Insert one end into the other to form the 'rosca' and you should be left with a ring shape. Place onto a lightly oiled baking tray and leave to prove in a warm place for 50 minutes or so. Sprinkle with sesame seeds and cook in a pre-heated oven for 40 minutes at a moderate temperature. Take it out of the oven and off the baking tray and leave until warm.



Sun-Dried Tomato Muffins

Ingredients:

- Half glass flour
- 1 glass cornflour
- half spoon baking powder
- 1.5 spoons sugar
- half spoon pepper
- 2 glasses grated cheddar
- 3/4 glasses hydrated sun-dried tomatoes
- half glass chives
- 1.5 glasses warm milk
- 180g butter
- 1/3 glass sunflower oil
- 1 egg

Method:

Pre-heat the oven to 200°C. Put the milk, cornflour, baking powder, sugar salt and pepper into a large bowl and mix thoroughly. Add the cheese, chopped tomatoes and chives and again mix thoroughly.

In a different bowl beat the melted butter, oil and egg then add this mixture to the previous one. Mix until nice and soft without reaching the point where it comes together as a dough.

Fill some muffin cases to the rim with the mixture and put into the oven for 20 to 25 minutes or until they begin to lightly brown.

Leave to cool in their cases for 2 to 3 minutes then immediately remove the cases and allow to cool on a cooling rack. Serve warm or at room temperature.



Parmesan and Sun-Dried Tomato Waffles

Ingredients:

- 150g flour
- 1 egg
- 200ml milk
- half sachet baking powder
- pinch of salt
- 40g parmesan flakes
- 40g sun-dried tomatoes in oil
- 40ml of the tomato oil
- oregano

Method:

Mix the dry ingredients, the flour, baking powder salt and oregano. Then add the milk, the egg yolk, the parmesan flakes and the finely chopped tomatoes. Stir until thoroughly mixed. To the other side beat the egg white until it forms peaks and then fold into the previous mixture. Leave the mixture to rest in a warm, humid place for 15 to 20 minutes.

Meanwhile prepare the waffle irons, brush the surface with a little oil to that it is properly greased. Once the plates are well heated place a few spoonfuls of the mixture on each square, being careful not to overload so that it spills over the sides.

Cooking time will depend on each type of waffle iron, just go by keeping an eye on them and poking with a toothpick to see when they are done.



Mushroom Carpaccio and Cod Shavings, Rocket Salad, Sun-Dried Tomato Vinaigrette

Ingredients:

- 200g marinated cod shavings
- 2 medium mushrooms
- 2 sun-dried tomatoes
- olive oil
- sherry vinegar
- grated lemon rind
- parmesan
- Maldon salt

Method:

Carpaccio: Slice the mushrooms very finely with a meat-slicing machine (use the mushrooms semi-frozen to ease the slicing process). Once sliced lightly season with the Maldon salt and a little oil.

Vinaigrette: Soak the tomatoes in water, pass the pulp through a sieve, add the lemon juice, olive oil and vinegar.

Salad: Put the rocket leaves into a bowl and dress according to taste with the grated lemon rind and parmesan.

Presentation: Put the cod on a plate in a circular pattern, on top of the cod place the mushrooms making sure the cod is still visible. Lay the salad in the middle of the plate and then drizzle the sun-dried tomato vinaigrette onto the cod and mushrooms.

Battered Sun-Dried Tomatoes

Ingredients:

- 12 halved sun-dried tomatoes
- 4 spoons flour
- 8 spoons water
- 1 spoon bicarbonate soda

Method:

Clean the tomatoes and soak them in a pot filled with water for 12 hours to rest. Afterwards drain them off.

Mix the flour with the water and bicarbonate of soda, keep mixing until there are no lumps, it should form a thick paste. Dip the tomatoes into the batter and fry them in hot oil for 5 minutes, half way through turn them over. Place them on kitchen towel to soak up the excess oil and then ready to serve.

Red Pesto

Ingredients:

- 50g sun-dried tomato
- 100g pine nuts
- 1 or 2 cloves garlic
- pinch of salt
- virgin olive oil
- teaspoon mustard

Method:

Grind the garlic and pine nuts with a pinch of salt in a pestle and mortar until a smooth paste is reached. Slice the tomatoes and add them to the mortar and mash a little more. Add the mustard or if you prefer a teaspoon of sherry vinegar. Then add the virgin olive oil so that it covers the mixture.

It is preferable to prepare this the day before. It is the ideal accompaniment for pasta along with a bit of grated parmesan.

Monkfish Meatballs with Sun-Dried Tomatoes

Ingredients:

- 300g filleted and skinned monkfish
- 1 small onion
- 50g breadcrumbs
- 2 eggs
- 500g sun-dried tomatoes
- salt and black pepper

Method:

Soak the tomatoes in warm water until it cools for approx. 45 minutes. Poach the very finely cut onion in olive oil and wet the breadcrumbs in a little milk. Chop the monkfish in a blender and add the onion, breadcrumbs, eggs, flour and then season.

Drain the tomatoes as much as possible and cut into 8 and add to the fish mix, leave it to cool for a few hours in the fridge and then make the meatballs. Cover them in flour and fry in well heated oil, brown them well and drain. Make a vegetable salsa with pepper, peas, onion, leek etc and tomato sauce, cook the meatballs for approx. 10 minutes. Serve with chips.

Fish Skewer, Sun-Dried Tomato and Pancetta

Ingredients:

- diced fish in 3cm cubes (monkfish, octopus, tuna, sea bass etc)
- hydrated sun-dried tomato halves
- vegetable pieces of your choice (onion, pepper, courgette)
- streaky bacon to wrap the skewers

Method:

Take your chosen vegetables and cook for the amount of time necessary in salted water until they are al dente. Fry the tomato halves in olive oil and drain. Load the skewers alternating the fish, vegetables and fried tomatoes.

Wrap the skewers in the streaky bacon and put into the fridge so that they cool. Meanwhile heat a non-stick frying pan and pour a few drops of olive oil in to roast the skewers, cooking them on all sides being careful not to pull them apart. Serve with a seafood or tartar sauce.

Red Mullet and Beetroot Risotto with Sun-Dried Tomato

Ingredients: (4 personas)

- 330g arborio rice
- 700g fish stock
- 50g sun-dried tomatoes
- 1 large cooked beetroot
- 4 medium, filleted red mullets
- olive oil and salt
- paprika
- a bunch of baby garlic
- a spoon of butter

Method:

Heat a non-stick saucepan and in a little oil and cook the red mullet fillets, skin side only and then remove. Add the whole baby garlic and halved tomatoes to the pan and also remove. In the little oil that remains, add the washed rice and paprika, then add the tomatoes and half of the warm fish stock and cook until all of the liquid has been absorbed.

Meanwhile use the rest of the stock to crush the cooked beetroot and add the beetroot liquid little by little. All of this should be done over a low heat for approx. 16 minutes, keep the pan moving in a circular motion, never with a spoon. Once all of the stock and liquid has been absorbed take the pan off the heat and add a spoon off butter whilst keeping the pan moving. Check the salt. Place decoratively the red mullet and baby garlic on top.

Chicken and Sun-Dried Tomato Salad

Ingredients:

- half red oak lettuce
- half white oak lettuce
- 1 chicken breast
- sun-dried tomatoes in olive oil
- cooked baby sweetcorn
- diced cheddar cheese
- 1 finely chopped spring onion
- black olive paste

Method:

Drain the tomatoes and mix the olive oil with the black olive paste to make a dressing. Roast the chicken breast and cut into cubes or coat in breadcrumbs and fry. Once cold bring all of the ingredients together and dress with a little salt and at the last minute the black olive sauce.

Sun-Dried Tomato Cod 'Pil Pil'

Ingredients:

- desalted cod fillets
- olive oil
- garlic
- chilli
- sun-dried tomatoes

Method:

Soak the tomatoes and mash with a little water until a fine paste is achieved. Peel and cut the garlic and chilli and crisp in olive oil. Remove the garlic and chilli and add the cod skin side up, it should be covered in the oil to cook correctly.

Once warm move the pan in a circular motion always in the same direction until the gelatin from the cod form a well blended sauce. Then remove the cod fillets and add the 'pil pil' which is the desired amount of spoons of the sun-dried tomato paste and whisk. Put the cod fillets back in and add the crisps of garlic.



Salmon Cannelloni with Tomato and Philadelphia

Ingredients:

- 100g philadelphia type cheese
- 2 spoons cream
- smoked salmon
- fresh dill

Method:

Soak the tomatoes and mash with a little water until a fine paste is achieved. Add the cheese and some ground black pepper. Mix together well and fill a piping bag with a smooth end or with no end.

Lay the slices of smoked salmon out as if they were sheets of pasta and fill with the cheese and tomato mixture. Cut to bite size and serve with whipped cream and freshly chopped dill.

Meat Ball with Black Truffle, Pine Nuts and Sun-Dried Tomatoes in a Leek Sauce

Ingredients:

- 300g minced beef
- 200g minced pork loin
- 100g toasted pine nuts
- 70g sliced sun-dried tomatoes
- grated black truffle
- salt and ground black pepper
- 2 eggs
- 1 spoon flour
- 1 spoon grated bread
- leek sauce and puff pastry
- fresh chives

Method:

Put all the ingredients together and make a ball of meat, check to see if salt needs to be added.

Put the leek sauce in a casserole dish that has a lid, on top put the balls of meat and freshly chopped chives. Cover and seal the edges with the puff pastry or with a similar type of pastry. Put it into the oven for 20 minutes at 200°C.

Octopus Terrine with Sun-Dried Tomato Vinaigrette

Ingredients:

- 1 octopus approx. 2kg
- 3ml whiskey
- 20 black peppercorns
- 10g cardamon
- 2 spoons cayenne
- 10 sun-dried tomatoes
- 6ml olive oil
- 2ml sherry vinegar
- 20g pistachios
- 20g toasted pine nuts
- 240g perona beans
- 2 endives

Method:

Carefully clean the octopus and separate the 8 legs one by one. Place the legs on an oven tray and randomly season the octopus legs with the peppercorns, whiskey, cardamon and cayenne pepper. Hermetically seal the tray with kitchen foil and cook straight away on 150°C for between 80 and 90 minutes. Once finished leave the octopus to rest until cold without removing from the tray.

After a few hours place the legs in a pudding mould lined with cling film, trying not to leave spaces between them. Next place another weighted mould on top so that there is continuous pressure on the terrine.

Meanwhile prepare the vinaigrette, cut the previously hydrated sun-dried tomatoes, add the dried fruit and nuts, the olive oil and sherry vinegar.

Once removed from the mould, cut and serve with a bouquet of endives with some finely cut perona beans. Dress with the vinaigrette and sprinkle some cayenne pepper over the top.



Molio granadino

Ingredients:

- 1 onion
- 2 garlic bulbs
- 2 sun-dried tomatoes
- 1 or 2 dried peppers
- 1kg or more cured black olives
- 1/2 kg cod
- salt and oil

Method:

Roast the onion, garlic and then chop. Roast the cod and chop. Boil the sun-dried tomatoes and mash in a mortar with the already toasted pepper.

Add more or less condiments and olives according to taste and quantity. Mix with oil and salt and serve cold, similar to a typical Spanish salad. It is best with bread and local red wine.

Chorizo with Cider and Sun-Dried Tomato Salsa

Ingredients:

- 2 spoons olive oil
- 1 glass chopped onion
- 2 cloves garlic finely chopped
- 2 teaspoons paprika
- 2 bay leaves
- chorizo diagonally cut
- 1/4 glass sun-dried tomatoes roughly chopped
- 1/4 glass chopped parsley

Method:

Heat the oil in a saucepan over a medium heat. Sweat the onion and garlic for 5 minutes. Add the paprika and cook for 1 more minute then add the cider and bay leaves.

Then turn the temperature down low and cook for 5 minutes. Add the chorizo and sun-dried tomatoes and cook for a further 5 minutes. Remove the bay leaves and sprinkle parsley over the top. Serve warm with bread to soak up the sauce.

Ginger and Sun-Dried Tomato Salad

Ingredients:

- 2kg ripe red tomatoes chopped lengthways and seeded
- 1 spoon dried oregano
- 1 spoon dried basil
- half spoon finely chopped garlic
- half spoon finely chopped ginger
- 3 spoons vegetable oil
- salt to taste

Method:

Pre-heat the oven. Place the sliced tomato face up on a greased oven tray. Mix the dry spices and the garlic, ginger, salt and oil and mix well. Use a brush to cover the tomatoes well with the mix and roast until they reduce in size and are lightly roasted. Take the tray out of the oven and wait until cold.

To keep them for 10 days in perfect condition, place them in a glass jar, cover with vegetable oil and keep in the fridge. Serve with a wooden spoon and enjoy!

Pork Loin Lasagna with Sun-Dried Tomatoes, Sherry and Palma Honey Sauce

Ingredients:

- 1 piece pork loin
- 1 slice mature cheese
- 2 sun-dried tomatoes
- sherry
- Palma honey
- cream
- cumin
- toasted sesame seeds

Method:

Cut the pork loin into thin sheets (half a cm) and put on sheet on the bottom, then place the cubed cheese or a slice the size of the pork on top.

Place another pork loin sheet on top then place the tomatoes on top, the tomatoes have been previously hydrated in equal parts water and sherry, with the tomato layer sprinkle or 4 cumin seeds and finish with another pork sheet and toasted sesame seeds. For the sauce reduce the stock used to hydrate the tomatoes and at the end add some cream and a little Palma honey, check the salt and that's it.

Polenta Croquettes with Sun-Dried Tomatoes

Ingredients:

- 5cl oil
- 5cl milk
- 25g butter
- 120g polenta
- sprigs basil
- salt and pepper to taste
- 3 spoons dried tomato

Method:

In a saucepan bring the milk, salt and pepper to the boil, add the polenta and work it until smooth. Away from the heat add the finely chopped tomatoes and half of the chopped basil leaves. Pour the mixture into a lightly oiled square dish, smooth the surface and allow to cool completely. Unmold and cut into triangles.

Peel the sun-dried tomatoes and cut into cubes, add salt and pepper.

In a large frying pan heat the oil and butter, brown the polenta for 3 minutes on all sides. Plate them up and decorate with the cubes of tomato and the rest of the basil.

Turnip Top Pasta

Ingredients:

- 400g orecchiette pasta
- 2 turnip tops (tender turnip leaves)
- 2 sliced cloves garlic
- half anchovy
- half peperoncino chilli
- olive oil
- 4 sun-dried tomatoes

Method:

Cook the pasta and turnip tops in salted boiling water. Make sure the turnip tops are washed and the hard leaves are removed.

Whilst the pasta is cooking heat in lots of oil the garlic, anchovy and peperoncino chilli.

Once the garlic starts to brown stop the cooking with a little of the pasta water. Drain the pasta and turnip tops straight away and pour them into the sauce adding the sun-dried tomato.

Make sure the different flavours mix over the heat and serve hot.

The cheese is optional.

Ricotta, Sun-Dried Tomato and Spinach 'Rotolo' in a Mushroom Sauce

Ingredients:

- 1 sheet of dough 25 x 40cm
- 250g ricotta
- 50g sun-dried tomatoes
- 1 bunch spinach
- 1 egg

For the sauce:

- 50g dried mushrooms
- 200g fresh mushrooms
- 50cc white wine
- 200cc vegetable stock
- 200cc cream

Method:

Place the dough on a muslin and continue by placing the filling on top of it. Carefully turn and roll the dough using the muslin and tie it.

Cook in plenty of boiling water for 20 minutes. Remove from the water, peel the muslin away and cut into small medallions and serve on top of the sauce.

Sauce:

Hydrate the dried mushrooms directly over the heat in white wine. Add the vegetable stock and fresh mushrooms. Finally add the cream leave to reduce and season.

'Patriciana' Pasta

Ingredients:

- 56g sun-dried tomatoes
- 3 spoons olive oil
- 1 chopped garlic clove
- 2 spoons chopped onion
- 2 sliced black olives
- half glass grated parmesan
- 1/3 glass cream
- half glass dry marsala wine

Method:

Sweat the garlic and onion in oil over a medium heat for 30 seconds. Add the wine and cook quickly over a high heat for a minute. Reduce the heat and add the tomatoes cream and olives. Heat and mix with your favourite pasta, to which the parmesan cheese has already been added.

Herb and Sun-Dried Tomato Fettuccini

Ingredients:

- sliced garlic
- diced onion
- sun-dried tomatoes
- parsley
- basil
- fettuccini
- Romano cheese
- olive oil

Method:

Sweat the chopped garlic and diced onion in olive oil until the onion becomes transparent. Quickly add and stir the sliced sun-dried tomatoes and the recently cut and sliced parsley and basil. Add the boiled fettuccini, recently grated Romano cheese and stir again.

Serve immediately.



Sun-dried tomatoes ´ loaf

Ingredients:

- sliced garlic
- 10 g of Dried yeast,
- 1 tsp of sugar
- 300 ml of tepid water
- 450 g of Strong bread flour and a little extra for dusting
- 1 tsp of salt, 2 tsp of dried basil
- 2 tbsp of sun-dried tomatoes ´ paste
- 1 tbsp of margarine
- 12 halves of sun-dried tomatoes in olive oil drained off and chopped in julienne.

Method:

Place in a bowl the yeast and the sugar and dissolve with 100 ml of tepid water. Rest the mixture in a warm place to ferment. Mix the flour with the salt and form a hole where place the basil, the ferment, the tomato paste and another 100 ml of water. Start to mix with your fingertips, finish working the dough with your palm while adding the rest of the water. Place the dough in slightly floured surface and stretch it for 5 minutes or so. Dust with flour and cover with greased cling film. Leave it rest for 30 minutes. Grease with the margarine the tin for the bread. Pre-heat the oven at 190°C.

Knock it down the dough and incorporate the julienne of tomatoes. Fold the dough and put in the tin. Cover with the same greased cling film and leave it prove for 30 – 40 minutes or until the dough has reached nearly double size. Bake at 190°C for 30 – 35 minutes, until the crust is golden and crispy and has a hollow noise when knock it. Leave to cool completely in a cooling rack before eating.



Sun-dried tomatoes´ rolls

Ingredients:

- 225 g of strong bread flour
- a pinch of salt
- 5 g of dried yeast
- 100 g of melted butter
- 3 tbsp of warm milk
- 2 eggs beaten
- 50 g of sun-dried tomatoes chopped really thin
- milk for glaze.

Method:

Pre-heat the oven at 230°C. Grease an oven tray with butter. Sieve the flour and the salt in a big bowl. Dissolve the yeast in the warm milk and add to the flour with the butter, the milk and the eggs. Mix until all the ingredients are together. Stretch the dough on a lightly floured surface for 5 minutes or until the dough is smooth. Put the dough back in the slightly floured bowl, cover with a tea towel and leave it rest in a warm place for about 1 hour. After the dough has rested, scrap out the bowl on the floured table and knock it with your fist and incorporate the chopped tomato. Divide the dough in 8 pieces and roll them to form a ball. Place in the oven tray, cover with the tea towel and leave them prove for 30 minutes or until the balls are double size. Brush the rolls with milk and bake for 10 – 12 minutes until golden brown. Leave to cool completely in a cooling rack before eating.

Squid “a la plancha” with sun-dried tomatoes

Ingredients:

- 350 g of squid
- 2 halves of sun-dried tomatoes in olive oil chopped in julienne
- sea salt type Maldon
- oil from the sun-dried tomatoes´ jar.

Method:

Clean and pat dry the squid. Brush them with olive oil. Cook in a very hot “plancha” or grill for 1 minute each side. Serve straight away with the julienne of tomatoes on top, a pinch of salt and a good splash of the olive oil from the sun-dried tomatoes jar.

Courgettes and sun-dried tomatoes terrine

Ingredients:

- 1 cup of sun-dried tomatoes
- 300 gr of courgettes
- olive oil
- 2 cloves of garlic sliced thin
- 50 cc of white wine
- 250 gr of cottage cheese
- 100 cc of single cream
- 5 eggs
- 2 tblsp of chopped chives
- salt and pepper

Method:

Place the sun-dried tomatoes in a bowl and soaked them with tepid water for 15 minutes. Split the courgettes lengthways and cut in 2 cm slices. Warm a bit of olive oil in a pan and add the garlic, when start to be cooked add the courgettes and a pinch of salt and pepper. Cook for about 4 minutes. Drain off the tomatoes and place them in the pan along with the white wine.

Cook until the courgettes are cooked but still firm. Sieve the cottage cheese into a bowl and add the cream and the eggs 1 by 1. Add the chives and a bit of seasoning.

Pre-heat the oven at 150°C and place an oven tray with water for a Bain Marie. In a rectangular terrine mould, cover the base and the sides with half of the courgettes mixture.

Put the half of the cheese batter, then the rest of courgettes and finish with the cheese. Cook in the Bain Marie for about 40 minutes or until a nail comes clean when introducing in the terrine. Allow to cool a bit before take out from the mould. Serve for example with tomatoes and radish salad and roughly chopped parsley.

Aubergines tart

Ingredients:

For the base:

- 200 g of butter
- 400 g of flour
- pinch of salt
- very cold water enough for the mixture.

For the filling:

- 1 onion
- 4 aubergines
- 3 eggs
- 10 cc of single cream
- 3 garlic cloves
- 50 g of grated cheese
- 100 g of sun-dried tomatoes
- salt and pepper

Method:

For prepare the base, crumble the butter in the flour and add the salt. Start to add the cold water and mix until smooth dough is formed. When is done, make a ball, cover with cling film and leave it in the fridge for a minimum of 1 hour. Grease and flour a 24 – 26 cm tart mould and roll the dough out with a rolling pin and cover a tart mould. Put back in the fridge while prepare the filling.

For the filling: soak the tomatoes in warm water. Chop the onions and the garlic and sweat them in a pan with a bit of olive oil. Add the aubergines cut in cubes and cook for 10 minutes, stirring the vegetables. Allow to cool. Pre-heat the oven at 160°C. Place the aubergine mix in a bowl. Drain off the tomatoes, cut them in half and mix with the aubergines, add the cheese. Mix the eggs with the cream and season with a salt and pepper. Fill the mould with the vegetables mixture and pour in the cream and egg mixture. Bake in the oven for about 30 minutes or until the batter and the tart are cooked.



Spaguetti with basil sauce

Ingredients:

- 200 gr of spaghetti
- 8 sun-dried tomatoes
- 80 gr of button mushrooms
- 1 clove of garlic chopped
- 40 gr of butter
- 1 cup of single cream
- ½ cup of chicken stock
- 1 tsp of salt
- a pinch of pepper
- ½ cup of fresh basil

Method:

Re-hydrate the tomatoes with warm water for 15 minutes. Slice the mushrooms and cook in the butter, add the garlic. In the pan, add the soaked tomatoes, the cream the stock. Add a bit of salt and pepper. Cook for about a minute and add the chopped fresh basil. Stir well and serve on top of the cooked spaghetti.

Fettuccine with tomato sauce

Ingredients:

- Fettuccine
- ½ cup of olive oil
- 3 cloves of peeled garlic
- 300 gr of sun-dried tomatoes
- 1 cup of sliced black olives
- 2 cups of chopped tomatoes (skinless and seeded)
- 1 cup of fresh basil
- table salt and pepper

Method:

Chop the garlic really thin and reserve in the olive oil, wash the sun-dried tomatoes and re-hydrate in warm water for about 15 minutes, drain them off and chop roughly. Put the garlic and the oil in a saucepan and start to cook really gently. When the garlic starts to colour, add the sun-dried tomatoes, a pinch of salt and pepper and remove from the heat. Start to cook the fettuccine in fiercely boiling salted water. Cook al dente following the instructions of the manufacture and drain them off. Place the first pan back on the stove and add the fettuccine, the olives, the fresh basil, and the chopped tomatoes. Splash with a good quality olive oil and stir for a minute. Serve straight away.

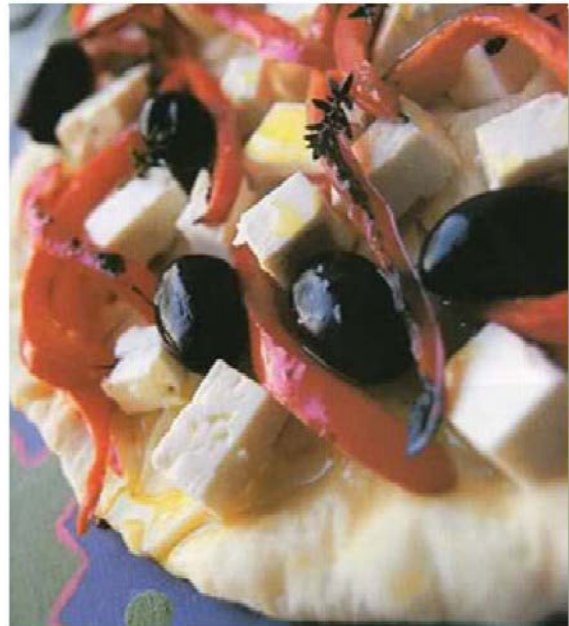
Greek style pizza

Ingredients:

- pizza base
- crumbled feta cheese
- kalamata olives
- roasted red pepper in julienne
- good quality olive oil
- sun-dried tomatoes in olive oil chopped in little pieces
- thyme
- salt and pepper

Method:

Cook the pizza base for about 10 minutes in the oven at 200°C. Take out from the oven and brush with olive oil. Place all the ingredients to your liking in a nice and fancy style and put back in the oven for another 10 – 15 minutes. Remove from the oven and splash with a good quality of olive oil and fresh oregano. Serve immediately.



Sun-dried tomatoes and olives quiche

Ingredients:

- 1 Puff pastry sheet
- 1 egg, 250 gr of cottage cheese
- 50 gr of sun-dried tomatoes
- 100 gr of pitted black olives
- 50 cc of milk
- fresh herbs to your likely (parsley, thyme, chives)
- salt and ground pepper

Method:

Re-hydrate the tomatoes in warm water for about 30 minutes. Pre-heat the oven at 180°C.

Drain off the tomatoes and chop them. Chop the herbs and the black olives. With the hand-blender, blend the cheese with the milk and the eggs.

Add the tomatoes and the olives to the cream. Cover the tart mould with the puff pastry sheet and make holes with a fork. Pour in the cream and bake in the oven for 30 – 40 minutes.

Or until the puff pastry is done and the batter is set. If you are a cheese lover, you can add some Parmigianino or gorgonzola to the batter.



Rice with chicken, spinaches and sun-dried tomatoes

Ingredients:

- 1 hand-diced chicken breast
- 1 cup of fresh spinaches washed
- 3 cups of chicken stock
- 2 sun-dried tomatoes chopped
- 1 onion, 1 garlic
- 1 tbsp of tomato sauce
- olive oil

Method:

Pour a bit of olive oil in a "paella" pan. Sweat the onion and the garlic until tender, add the chicken, the spinaches, the sun-dried tomatoes and the tomato sauce and cook over medium heat 4 minutes. Add the chicken stock and bring everything to boil. Taste the flavour of the stock and add the rice. Cook over medium heat for 12 minutes, then 6 minutes more really slowly. Cover with a kitchen towel and leave it rest for 5 minutes. Better serve with a smooth aioli salsa.

Artichokes with sun-dried tomatoes

Ingredients:

- 8 medium artichokes
- 8 sun-dried tomatoes in olive oil
- 4 ripe plum tomatoes
- 4 chopped garlic cloves
- 100 ml of white wine
- 100 ml of vegetable stock
- 4 tbsp of olive oil
- 1 tbsp of black peppercorns
- salt to taste

Method:

Prep the artichokes, remove the exterior leaves, peel the stem and cut them in quarters. Drain off the tomatoes and cut them in julienne. Chop the fresh tomatoes in cubes. Put the olive oil in a big pan and cook over a medium heat the artichokes for 6 minutes, add the garlic and the sun-dried tomatoes. Cook for further 4 minutes. Add the white wine and the stock and leave to evaporate almost completely. Add then the fresh tomatoes, a pinch of salt and the black peppercorns. Cover the pan and cook for about 20 minutes over a medium heat. Stirring from time to time. Serve straight away.

Grouper in sauce with olives and sun-dried tomatoes

Ingredients:

- 400 g of grouper
- 1 garlic's clove
- 1 sprig of rosemary
- 3 tbsp of black pitted olives
- 4 sun-dried tomatoes in olive oil
- ½ cup of white wine
- 6 tbsp of olive oil
- 1 bird eye chilli
- 1 cup of fish stock
- salt and pepper

Method:

Drain-off the tomatoes and chopped them roughly. Chop the garlic and cook them in the olive oil with the rosemary and the chilli. Add the fish and roast over a medium heat.

When the fish is cooked, add the white wine and the fish stock. Reduce completely and add the olives and the tomatoes.

Taste the salt and cook for 5 minutes.



Grapes and dehydrated fruits lattice

Ingredients:

- 1 teaspoon of Butter
- 500 gr of puff Pastry rolled out
- 400 gr of Student Mixed fruits
- 100 gr of seedless grapes in halves
- 1 egg for an egg-wash
- demerara sugar for sprinkle it on top

Method:

Pre-heat the oven at 220°C. Lightly grease with a bit of butter an oven tray. Place the rolled out puff pastry and cut in to 2 rectangles. Place 1 of the puff pastry rectangles on the tray as a base. Fold the other rectangle by half and carefully, cut horizontal stripes leaving 2,5 cm from the edges, cover with cling film and keep this puff pastry in the fridge.

Mix the dried fruits with the grapes and extend in the base, leaving 2,5 cm from the edges, brush this with water. Take the puff pastry out of the fridge and unfold covering the fruit. Pinch the edges together. Brush the puff pastry with the egg-wash and sprinkle with demerara sugar.

Bake the lattice 15 minutes at 220°C and finish 30 minutes more at 180°C, until the puff pastry has raised and is golden. Allow to cool in a rack before serve.

Dehydrated fruits pudding

Ingredients:

- 1 tablespoon of butter
- 175 gr of chopped dates
- 125 gr of chopped prunes, 200 ml of orange juice
- 2 tablespoons of golden syrup
- 1 grated orange zest and lemon, 225 gr of plain wholemeal flour
- 1 teaspoon of mixed spices
- 125 gr of raisins, 125 gr of golden raisins and 125 gr of Corinthian's raisins
- 125 gr of dried blueberries
- 3 eggs

To finish:

- 1 tablespoon of apricot jam
- icing sugar
- 175 gr of fondant
- julienne of orange and lemon zests

Method:

Pre-heat the oven at 160°C. Grease a round mould and cover with parchment paper.

Place the copped dates and the prunes in a heavy-based pan, add the orange juice and simmer for 10 minutes. Out of the stove, whisk the mix to make a puree. Add the golden syrup and the grated citrus.

Allow to cool down. Mix the flour with the mixed spices, the raisins and the blueberries. When the mix of the pan has reached blood temperature add the 3 egg yolks. Whisk the egg whites to a stiff peak. Add the mix of prunes and dates to the dried mixture. Fold in the egg whites carefully.

Place the butter in the mould and bake 1 hour and a half. Allow to cool in the mould. Extend the fondant on an icing sugar's dusted surface.

Unmold the pudding and spread over the apricot jam and cover with the fondant sheet. Decorate with the julienne of the orange and lemon.

Crispy fruits cake

Ingredients:

- 100 of unsalted butter
- 100 gr of caster sugar
- 2 eggs
- Beaten
- 200 gr of sieved strong flour
- 1 tsp of baking powder
- 225 of mixed and chopped dried fruits
- 25 gr of pine kernels
- 1 orange zest grated and the juice
- 2 tbsp of milk

Method:

Pre-heat the oven at 180°C. Grease with butter an 18 cm round base mould and cover with parchment paper.

In a big bowl, beat the butter and the sugar until creamy.

Add the eggs in 2 times mixing very well before pour the rest. Add the flour and the baking powder, mix until well incorporated. Add the dried fruits, the pine kernels, the milk and the zests.

Pour the batter in the mould. Place the cake in the oven and bake for an hour. Allow to cool in the mould.

Tigernuts milk (horchata)

Ingredientes (4 people):

- Dry Tigernuts
- Chilled Water (A part of it must be almost ice) four times the quantity used of Tigernuts.
- Sugar (Half the weight of Tigernuts) or honey or stevia or sweetener, what you prefer
- Optional: Lemon or cinnamon stick

Preparation:

Tigernuts must be soaked in water 24 hours or 36 hours for its rehydration; soaking time depends on the quality and conservation of the raw material.

1. Once rehydrated this is the way they look like.



2. We have to use a bit of the calculated water to triturate the Tigernuts with the mixer.



3. This is the paste (milk) produced. If we add cinnamon or lemon the moment will be right now. Now should be the exact moment to store it in the fridge for 2 hours.



Recipes with Dried Fruits

- Once mixed we have to strain the resultant product. For this action we will need a pot for using it as mortar and extract all the liquid for the Tigernuts by pressing by.



This is the spare paste that we can throw directly to the litter.

- Once strained we will add the rest of the water and the calculated sugar or honey or stevia or another sweetener that you like.
- Then we mix powerfully the products. We will put the resulting product in a jug with some ice to make it hyper-refreshing. Then we mix again to take off all the solids parts of the ice
- This is the resulting product we obtain alter all the process. Refreshing and ready to drink



*We hope
you like our recipes*

Enjoy!