

# Cooking workshop:Recipes

## Majorca, September 2014

### International Summer Senior University

#### **COCA DE TRAMPÓ:**

Dough

All-purpose flour (as needed)

Olive oil 100ml

Beer 100 ml

1 egg

A pinch of salt and one of sugar

4 or 5 diced green pepper

1 diced white onion

1 big salad tomatoes' (small diced)

Stir all-purpose flour, olive, beer, egg and salt/sugar until it comes off from your hands. To extend the dough over a baking tray greased with oil or butter and then placed over the cut up vegetables (trampó). Whisk paprika.

Bake at 180 ° for 25 to 30 minutes.

#### **COCA DE GATÓ (Almond cake):**

250grs grounded raw almond

250 " sugar

6 eggs

A teaspoon of cinnamon

Grated lemon

Separate the yolks and beat them with sugar and cinnamon. When the sugar is completely dissolved, add the almond and mix. Beat the egg whites into a firm peak with a pinch of salt and add to the prepared mixture. Stiff carefully (always from the bottom up so that the white does not drop).

Bake at 170 ° or 180 ° for 35 to 40 minutes

## **Ray Casserole (Greixonera de ratjada)**

Ray  
Onion  
Scallion or spring onions  
Cauliflower  
Peas  
1 potato  
A clover of garlic  
Raisin and pine nuts  
Parsley  
A bay leaf  
Salt, black pepper and paprika  
A small glass of white wine

(The ingredients depends on the number of dinner guests)

Sauté the onion, the garlic and scallions. After 5 minutes, add the remaining ingredients (except the fish) and cook for 10 more minutes. In the meantime, cut the ray into pieces and mix with lemon juice and black pepper. Add the ray to the casserole and cook until the ray is cooked.

Add water if it is necessary

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### **Maria Pilar Forteza**

*I am the granddaughter of bakers, pastry cooker and cooks, so these recipes are the ones my grandfather prepared (although I have reduced the amounts a bit since we can not abuse of fats). That is the way I have prepared them since I got married 56 years ago. I hope you like them and "bon profit"*

*With my best wishes*

## **SWEET OR SALTY EMPANADAS**

Dough:

200 gr of lard

200 g sugar (for sweet ones only)

1 small glass of olive oil

1 small glass of orange juice

1 small glass of water

2 or 3 egg yolks (3 for the sweet ones and 2 for salty)

Approx 800 g all-purpose flour.

Filling:

I prepare a leg of lamb, boneless, without fat and chopped

About 700 grams of lean chopped pork (clean of fat )

About 100 g of bacon (chopped)

and some bits of sobrasada (spicy sausage )

Form a volcano of flour and place in the center all ingredients. Mix the dough (the dough should not be as hard as the bread dough. Form 2 size balls (for the pies and other smaller for the tops of the pies).

Form the empanadas over greased paper to prevent sticking in the tray and fill with a little of each ingredient of the stuffing. Form a lid and cover the pie by pinching the edges to be sealed.  
(in sweet you have to put a belt greased paper to not deform)

Bake at 200 degrees-250 degrees about 40-45 minutes

### **DOUGH FOR COCARROIS OR FISH EMPANADA**

1 small glass of olive oil  
1 small glass of water  
About 400-500 g of all purpose-flour (depends on it takes)

The cocarrois are filled with vegetables:  
Chard, spinach, scallion, raisins, cabbage, cauliflower or only finely chopped onion and quite sobrasada (all the ingredients chopped and seasoned).

Mix the ingredients for the dough and form balls. Flatten the balls into circular shape. Fill with vegetables previously seasoned. And close in half .

Bake at 190 °for 40 to 50 minutes

### **ROBIOLS AND CREPELLS**

200 gr of lard  
200 gr sugar  
2 yolks  
1 small glass of orange juice  
1 small glass of water  
400-500 gr of all-purpose flour

Robiols are sweet pies filled with cottage cheese, spaghetti squash or marmelade. It has the same shape as the cocarrois

Bake about 40 minutes at 200 °

Crespells are like cookies that are cut in the form of figurines.

Bake at 150° for about 20 min (until gold colored)

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## **STUFFED AUBERGINES: María Manresa**

6 medium aubergines,  
1 onion,  
250 gr ground meat (can be chicken, pork, veal or mixed),  
2 tablespoons all-purpose flour,  
1/2 cup of milk,  
1 egg  
some bread crumbs,  
olive oil  
salt, pepper and oregano.

Halve the aubergines and then you can boil or steam them. Once cold, with a spoon, empties all the aubergines pulp. Mince the pulp and reserve it.

Put the ground beef in a pan with a little oil, add salt and pepper to the meat and cook in a low temperature. Meanwhile, mince the onion and add into the pan. When onion is done, add the flour, stir and add the milk. The consistency is similar to the bechamel.

We add to this mix the aubergine pulp, the yolk, more salt, pepper and oregano. Mix everything.

Filled each aubergine with this stuffed.

Whip the white until soft peaks form and put a layer over each aubergine and cover with bread crumbs.

Finally, sprayed a few drops of olive oil top and baked until they begin to brown and so is a crust.

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## **PAELLA VALENCIANA: Estanislao**

Rice (a large handful per person)  
Water or broth (to make it more tasty)  
Chopped and seasoned chicken and rabbit  
Flat green beans, peas and artichoke (opt. Grated tomato)  
Oil, salt  
Saffron or dye for paellas

Fry the meat until is very well browned. Add vegetables and continue sautéing. Fill the pan with water or broth and raise the heat to boil. When 1/3 of the liquid has reduced, add the rice and saffron (previously chopped) and when it begins to boil again then reduce heat. Cook for 20 minutes.

Remove from heat and cover with newspaper and let stand for 5-10 minutes approx. (The leftover, reheated in a pan, is really tasty for eating next day )

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### **Cod Baked with glace onions, tomatoes jam and mayonnaise: Maria Angels Claramunt**

1 piece of cod per person  
5-6 large white onions  
Oil, salt and pepper  
1 jar of mayonnaise  
1 jar of tomato jam  
All-purpose flour

Cut the onion into strips and add salt and pepper . Fry the onions with oil over low heat until it is soft and transparent.  
Place on a baking tray as a bed for the cod.

Batter the cod in flour and fry it both sides. Place it the baking tray over the onions.

Put on each piece of cod 2 strips of mayonnaise and tomato jam in the center.  
Gratin in the oven until the mayonnaise takes a golden color.

(A piece of cake)

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### **STUFFED SQUID: Jeroni and Antonia**

1 kg of squid  
½ kg of ground meat (pork and beef)  
potatoes  
1 onion and 1 tomato  
2 eggs,  
Oil, garlic, oregano, salt, pepper and all-purpose flour

Clean the squids (In and out) . Remove the legs and cut them into small pieces.

Mix the ground beef adding chopped garlic, oregano, salt, pepper, 2 eggs and squid legs. It is better to season well because loses flavor when cook.

Fill the calamari and close each squid with chopsticks and pierced them.

Make meat ball with the remaining filling.

Batter the squids and meatballs with all-purpose flour and fry lightly.

In a pot/stew chopped onion and tomato and fry. When the onion is soft, add 2 cups of water and squids (water should just cover them). Cook the squid medium heat about 10 minutes.

Add the potatoes in quarters and meatballs and cook about 30 minutes until the potatoes are done.

## **GREIXONERA DE BROSSAT (Ricotta style cheese cake)**

400 grams of ricotta cheese  
zest of 1 lemon  
1 tablespoon cinnamon  
300 gr. sugar  
5 eggs  
1 small cup of milk  
1 tablespoon butter

Grease a flat casserole with butter.

Mix the sugar, milk, lemon zest and cinnamon in a bowl. Stir until sugar is completely dissolved.

Add cottage cheese, mix and test whether the taste is sweet. Beat the eggs and attach them to the mixture, stir well and pour into the casserole.

Bake at 180 for 1 ½ hours approx. Serve cool