

# **RECORRIDO DE COMIDA**

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# FOODS – A THREE COURSE MEAL

Meal 1 – Starter – Chorizo and Manchago  
cheese brioche buns – Castillo de Mancha

Meal 2 – Main – Jambon Iberico and  
Patatas Bravas and Olives

Meal 3 – Dessert – Galician Filloa

Drinks – Sangria

# 1

## CHORIZO AND MANCHEGO BRIOCHE BUNS

- ❖ Link to recipe - <https://www.goodhousekeeping.com/uk/food/recipes/a576559/chorizo-and-manche-go-stuffed-rolls/>
- ❖ Ingredients –
  - 4 part baked petit pans
  - 50g butter
  - 2 crushed cloves of garlic
  - 1 tbsp finely chopped parsley + extra to scatter
  - 100g of finely chopped chorizo
  - 100g cubed Manchego cheese
  - 50g cooked jar peppers – finely chopped
  - 3 tbsp tomato puree

# 2

## JAMBON IBERICO, PATATAS BRAVAS AND OLIVES

❖ Recipe Jambon Iberico -

Iberico ham

Lemon juice

Parsley

❖ Recipe Patatas Bravas –

Sauce – 3 tbsp olive oil

1 small onion chopped

2 cloves of garlic chopped

227g can chopped tomatoes

1 tbsp tomato puree

2 tsp paprika

pinch of chilli powder + sugar pinch

Chopped fresh parsley

Potatoes - 900g cubed potatoes

2 tbsp olive oil

# 3

## GALICIAN FILLOA

- ❖ Link to recipe – <https://www.kitchen-instinct.com/recipe/filloas-galician-crepes-sara-dacasa-spain/>
- ❖ Ingredients –
  - 1 cup of milk
  - 2 eggs
  - ½ cup of flour
  - 2 to 3 tbsp of water

# 4

## SANGRIA

- ❖ Link to recipe - <https://www.bbcgoodfood.com/recipes/sangria>
- ❖ Ingredients –
  - 2 chopped oranges
  - 2 chopped pears
  - 2 lemons 1 chopped 1 juiced
  - 200g chopped strawberries and cherries
  - 3 tbsp caster sugar
  - 1 tsp cinnamon
  - Ice
  - 300ml sparkling water

# THE SCRIPT - ENGLISH

## MEAL ONE – CHORIZO AND MANCHEGO BRIOCHE BUNS

First, we will scoop out the middle of our brioche buns, and then mix them up with your pre-cooked chorizo, and

Manchego cheese.

Then return the mixture to the bun shell and take them to a griddle pan. On high heat, toast them and serve!

## MEAL TWO – JAMBON IBERICO, PATATAS BRAVAS AND OLIVES

To start, we will take the ham and lightly season it, squeeze some lemon juice over it too.

Then, on maximum heat, sear it for a few seconds. Next the patatas bravas. Let's make our sauce with the ingredients. (read them out) And mix that with our pre-prepare potatoes.

Finally, skewer some olives and serve.

## MEAL THREE – GALICIAN FILLOA

With the filloa, we need to start with our ingredients, mix them up in a bowl until fully blended, we'll put this mixture in the fridge for an hour until it has set. An hour later, we'll take these out and cook them well on both sides

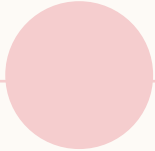
## DRINK - SANGRIA

Finally, our Sangria, we need to take our fruits and chop them up, then sprinkle our sugar and cinnamon over them. We'll leave those in the fridge to macerate for an hour or overnight. Finally, let's fill a jug with ice and pour sparkling water into the mixture. And, blend that to a slush and serve!

## ENJOY!

Enjoy!

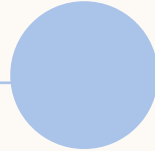
# THE SCRIPT - SPANISH



## COMIDA UNO – BOLLOS DE BRIOCHE MANCHEGO Y CHORIZO

Primero, sacaremos el centro de nuestros bollos de brioche y luego los mezclaremos con su chorizo

precocido y queso manchego. Luego devuelva la mezcla a la cáscara del bollo y llévelos a una sartén. A fuego alto. ¡tuesta y sirve!



## COMIDA DOS – JAMBÓN IBÉRICO, PATATAS BRAVAS Y ACEITUNAS

Para empezar, tomaremos el jamón y lo sazonaremos ligeramente, exprimiremos un poco de jugo de limón sobre él también. Luego, a fuego máximo, sérelo durante unos segundos. A continuación las patatas bravas. Hagamos nuestra salsa con los ingredientes.

(READ OUT THE INGREDIENTS) Y mezclar eso con nuestras patatas preparadas previamente. Finalmente, ensartar unas aceitunas y servir.



## COMIDA TRES – FILLOA GALLEGA

Con la filloa, debemos comenzar con nuestros ingredientes, mezclarlos en un bol hasta que estén completamente mezclados, pondremos esta mezcla en la nevera durante una hora hasta que se haya fraguado. Una hora más tarde, los sacaremos y los cocinaremos bien por ambos lados.



## UNA BEBIDA - SANGRIA

Finalmente, nuestra sangría, necesitamos tomar nuestras frutas y cortarlas, luego espolvorear nuestro azúcar y canela sobre ellas. Los dejaremos en la nevera para macerar durante una hora o toda la noche.

Finalmente, llenemos una jarra con hielo y veamos agua con gas en la mezcla. ¡Y, mezclar eso con un granizado y servir!



## DISFRUTAR

Disfrutar