



ECAI
DIGITAL - 2020

Pulpo "à feira"

Ingredients

- ▶ one octopus, raw, thawed and clean (no eyes nor peak)
- ▶ sweet and/or hot pimentón (Spanish paprika)
- ▶ extra virgin olive oil
- ▶ coarse salt

Preparation

- Bring to boil a large pot of water.
- When the water is boiling, hold the octopus by the head and plunge it in the water three times: the tentacles will curl up.
- Leave it in the boiling water for about 30 minutes - depending on the size of the octopus - then turn off the fire and let it cool down in the water for another 30 minutes.
- Cut off the tentacles and reserve the head which you can use for another dish.
- Take each tentacle with one hand and cut small pieces with a scissor. Lay the octopus pieces on a plate and sprinkle with coarse salt, pimentón and lastly drizzle with abundant extra virgin olive oil.
- In case you can't find Spanish pimentón, you may use Paprika or powdered chilli.





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Shiitake "à feira"

Vegetarian alternative

Ingredients

- ▶ 2 medium-sized potatoes.
- ▶ 150 g of shiitake mushrooms.
- ▶ 1 teaspoonful of dried wakame seaweed.
- ▶ 1 piece of dried kombu seaweed.
- ▶ 1 teaspoonful of salt.
- ▶ Kitchen salt.
- ▶ Paprika and cayenne pepper.
- ▶ Extra virgin olive oil.

Preparation

- Boil the water with the seaweed.
- Prepare the potatoes while the water boils. Peel, wash and cut them into medium-sized pieces.
- Clean the mushrooms with a damp cloth in case they have any dirt on them.
- When the water starts boiling, add a teaspoonful of salt, the mushrooms and potatoes. Cover and cook over a low heat for 15 minutes or until the potatoes are soft. Remove from the heat and drain.
- Cut any large mushrooms in two so that they are all of a similar size.
- Serve on a plate. Remove the seaweed and arrange the potatoes, with the mushrooms on top. Flavour. Add kitchen salt, a teaspoonful of paprika/cayenne pepper (half and half) and extra virgin olive oil.





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Tarta de Santiago

(Santiago almond cake)



Makes one medium cake, for 6 persons

Ingredients

- ▶ 250g raw marcona almonds, whole (or 250g almond meal)
- ▶ 200-250g sugar
- ▶ 4 large eggs (total weight approx. 220-250 g)

Preparation

- Grind the almonds, if they are whole.
- In a bowl mix the eggs and the sugar. Add the ground almonds, mix well and let it rest (covered, in the fridge) to let the almonds soak up the egg - the batter should rest at least one hour but it can rest up to 24 hours.
- Grease and flour a round springform pan (or any other ovenproof dish), about 22cm (8-9 inches). Pour the batter and put in a warm oven (180°C - 350°F) about 25 minutes - time will vary depending on the oven. The cake should be deep golden on the surface and set, but still moist inside.
- Let it cool on a wire rack and dust with powdered sugar. If you can, mark a Santiago Cross on top.