

GAZPACHO ANDALUZ

From: David Román,
Unión Vegetariana Española - <http://www.unionvegetariana.org>

"Gazpacho" is a traditional dish which is vegan.

Ingredients

1 Kg red tomatoes, peeled
1 cucumber, peeled
1/2 onion
1 green pepper, small, seeds removed
2 garlic cloves
Water (in a quantity to allow being liquid and easy to drink)
Olive oil
Vinegar
Salt

Method

Mix the first six ingredients in the blender.
Sprinkle some olive oil, vinegar and salt.
Keep very cold until serving.

TORTILLA DE PATATAS

From: David Román,
Unión Vegetariana Española - <http://www.unionvegetariana.org>

The "tortilla" or omelette is usually made with stirred eggs, but it's not essential as it can be replaced with chickpea meal and water. The "Tortilla" recipe below is a veganized version of the original recipe.

Ingredients

1/2 Kg potatoes
1 onion
oil for frying (best: olive oil)
4 o 5 tbsp chickpea meal
1 cup water

Method

Cut potatoes and onion in small pieces. In a pan, with plenty hot oil, fry slowly the potatoes and onion until slightly brown. Get out and drain the excess oil.
In a bowl, stir the chickpea meal with the water, then add the potatoes and mix well.
In a non-stick pan with some oil drops, pour the mix and let it set (5 to 10 minutes, depending on fire), then turn it upside down with the help of a plate and let it set the other side.
Serve hot or cold at one's fancy, with salad, vegan mayonnaise or another sauce.

Vegan Paella

From: Melanie Burtis
In Veg. Times (Dec. 96).

My personal revisions are as marked (***). This is one of my favorites, and it's pretty easy, and most people like it.

Traditional Paella, I believe, has all kinds of seafood and sausage in it. If you're into the fake meat thing, some pieces of fake sausage might work well in this recipe. It also says short-grained Paella rice is usually used, but Arborio works well as a substitute. I've never seen Paella rice.

- 3 Tbs. Olive oil
- 1 large onion, chopped
- 1 large fennel bulb, chopped
***(sometimes fennel is not available, so I used about 2 - 3 teaspoons of fennel seeds)
- 5 large cloves garlic, minced
- 2 cups Arborio rice
- 1 x 14 1/2 oz. can vegetable broth
- 1 x 16 oz. can stewed tomatoes, undrained
- 1 cup dry vermouth
***(I've left this out before and the flavor was just fine)
- 2 tsp. dried thyme
- 1/2 tsp. saffron threads or 1/4 tsp. ground saffron
- 1/4 tsp. cayenne
- 1 x 14 oz. can artichoke hearts, drained, cut through hearts into 1/2" wedges
***(I used the marinated artichokes in the oil and drain the oil before adding them)
- 1 large yellow or red bell pepper, seeded and cut into 1" chunks
- 1 x 10 oz. package frozen sugar snap peas or 1 1/2 cups frozen peas
***(I use fresh snow pea pods or sugar snap when available)
- 1/4 cup chopped fresh cilantro
***(If fresh isn't available I use dried)

***(I also add more vegetables when possible, like a few fresh chopped mushrooms, some corn, more than the recommended bell peppers, etc.)

Heat oil in Dutch oven (I don't know what a Dutch oven is, so I just use a large soup/chilli pot) over medium heat.

Add onion, fennel and garlic, cook 5 minutes, stirring frequently.

Stir in rice, cook 1 minute. Add broth, tomatoes, vermouth, thyme, saffron and cayenne, bring to a boil.

Stir in artichoke hearts and bell pepper; return to boil.

Cover, simmer over low heat 20 minutes or until most of the liquid is absorbed.

Stir in sugar snap peas or peas; cover and continue to simmer 2 minutes.

*** If you're using fresh veggies and you want them cooked a little more, just add them to the pot earlier.

Simmer until remaining liquid is absorbed.

Garnish with cilantro

***(if I used the dried, I already added it) and fronds from fresh fennel bulb.

This can be reheated, just add more broth or water when doing so.

Makes 12 servings, per 1 cup serving: 204 cal; 5g prot; 4 g total fat (.5 g sat. fat); 35g carb; 327 mg sod; 1 g fiber.

Source: International Vegetarian Union website

Spanish recipes from the Alpujarras (Granada)

Pez de tierra (Land fish)

by L'Atelier Vegetarian Centre

An old recipe from Peñíscola, Spain.

- Aubergine
- garlic
- olive oil
- cumin
- salt and pepper

Chop ingredients and fry in olive oil until the aubergine changes colour. Mash with a fork or blender. Eat warm, as a pâté, with bread.

Source: <http://www.vrg.org>

Pinchitos morunos (Moorish kebabs)

by L'Atelier Vegetarian Centre

For eight or ten people.

- 200 gr. seitan
- 200 gr. tofu
- 200 gr. tempeh
- one glass olive oil
- half teaspoon cumin
- one teaspoon paprika
- half teaspoon turmeric
- half teaspoon thyme
- one teaspoon chopped parsley
- salt and pepper
- skewers and bread

Soak all the herbs in olive oil. Add tofu, seitan, tempeh and spices. Marinate overnight. Put on skewers and barbecue. Delicious!

Raw onion, tomato, mushroom, courgette, etc., can be added to the skewers.

Source: <http://www.vrg.org>

Salmorejo (A traditional summer recipe from Córdoba).

by L'Atelier Vegetarian Centre

For four people.

- 500 gr. bread from the day before
- 2 kg. peeled tomatoes. one
- glass olive oil
- two cloves garlic
- salt

Blend the ingredients together. In Córdoba, people do not use the crust of the bread or the pips from the tomatoes, but if in a hurry it still works.

Eat with bread fried in olive oil, or toast. Decorate with chopped parsley and slices of shallow fried seitan or arame seaweed.

Source: <http://www.vrg.org>

Alternative salad dressing (from Madrid).

by L'Atelier Vegetarian Centre

- one third unrefined sesame oil
- one third unrefined corn oil
- one third apple vinegar
- half teaspoon ground cinnamon
- one teaspoon whole mustard

Shake very well. Use with avocado, cucumber, tomato, lettuce, apple, mango, papaya, etc.

Source: <http://www.vrg.org>

Patatas con setas (Potatoes with oyster mushrooms)

by L'Atelier Vegetarian Centre

(a traditional recipe from Castilla y León).

- one bay leaf
- one chopped onion
- two cloves garlic
- olive oil
- 500 gr. potatoes
- 250 gr. oyster mushrooms
- Cuban rum
- vegetable stock,
- salt and pepper

1. Wash each potato and cut into four pieces, brush with olive oil, paint with salt and mixed herbs and bake on the top shelf of a hot oven (mark 6) for 13 hours.

2. Fry onions in olive oil with garlic and bay leaf. When onions change colour, add mushrooms. Shallow fry and cover with stock. Simmer 15 to 20 minutes. Add potatoes and flambé with Cuban rum.

Source: <http://www.vrg.org>