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THE CULINARY INSTITUTE OF AMERICA

Olive Oils from Spain Recipe Booklet

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APPETIZERS & SIDES

AJO BLANCO FEATURING ARBEQUINA EXTRA-VIRGIN OLIVE OIL FROM SPAIN

Yield: 1.4 Quarts

Ingredients	Amounts
Almonds, blanched	1 cup
Cold water	3 cups
Garlic, cloves	1 ea.
Rustic bread, all crust removed cut into 1-inch cubes	1/3 lb.
Salt	as needed
Sherry vinegar, plus more if desired	1 ½ tsp.
Arbequina Extra-Virgin Spanish Olive Oil from Spain, plus more for garnish and taste	1 ½ Tbsp.
Green seedless grapes	as needed
Almonds, sliced, toasted, crushed	as needed
Mint leaves, chiffonade	as needed

Method

1. In a blender, combine almonds with water and garlic and blend at high speed until milky; you may need to stop and scrape down sides of blender jar once or twice.
2. Add bread and blend until very smooth.
3. Season with salt, then blend in vinegar and Arbequina Extra-Virgin Olive Oil from Spain. If using a less powerful blender, you may want to pass the soup through a fine-mesh strainer at this point; with a high-powered blender, that won't be necessary.
4. Transfer soup to a sealed container and refrigerate until very well chilled, at least 2 hours and up to 2 days.
5. Cut up grapes into halves and season with Arbequina Extra-Virgin Olive Oil from Spain, and a touch of salt.
6. To serve: Place grapes at bottom of bowl. Pour soup into bowl, place almonds on top, garnish with mint, and drizzle with good amount of Arbequina Extra-Virgin Olive Oil from Spain.

Source: Adapted from Serioseats.com and served at the 2018 Menus of Change® conference.

ESCALIVADA: ROASTED VEGETABLES WITH ARBEQUINA EXTRA-VIRGIN OLIVE OIL FROM SPAIN

Ingredients	Amounts
Yellow bell pepper, medium	2 ea.
Red bell pepper, medium	2 ea.
Onion, medium	2 ea.
Eggplant, medium	2 ea.
Fingerling potatoes	16 ea.
Salt	as needed
<i>Dressing</i>	
Lemons, grilled, juice of	3 ea.
Honey	¼ cup
Arbequina Extra-Virgin Olive Oil from Spain	1 ½ cup
Salt	as needed
Ground black pepper	as needed

Method

1. Turn the grill on and when 450°F, place the vegetables on top. Allow them to get semi burned and turn them over until they are all completely charred. Once cool enough to handle, carefully remove the skin and the seed and slice them into thin strips.
2. Cover the potatoes with water and 2 tablespoons of salt. Bring to a boil, and simmer until all the water evaporates.
3. Once cool, remove and rub the potatoes with salt if any is attached to their skin. Grill the potatoes just before serving the dish.
4. *For the Dressing:* Place the lemons on the grill, allowing them to barely char the skin. Remove and squeeze juice, mix with honey and Arbequina Extra-Virgin Olive Oil from Spain, season with salt and pepper and drizzle over vegetables.

Source: Daniel Olivella, as served at the 2017 Healthy Kitchens, Healthy Lives® conference.
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GRILLED MEXICAN GREEN ONIONS WITH ROMESCO SAUCE FEATURING HOJIBLANCA EXTRA-VIRGIN OLIVE OIL FROM SPAIN (*CALCOTADA*)

Yield: 4 Portions

Ingredients	Amounts
<i>Sauce</i>	
Tomatoes	4 ea.
Garlic	1 hd.
Garlic clove	1 ea.
Salt	as needed
Marcona almonds	2 oz.
Hojiblanca Extra-Virgin Olive Oil from Spain	½ cup
Sweet pimentón	½ tsp.
Aged vinegar	2 tsp.
Mexican green onions	12 ea.

Method

1. *For the Sauce:* Roast the tomatoes and the garlic head until charred. Once ready, remove and peel. Place in a mortar or food processor.
2. Add everything except the olive oil, pimentón and vinegar in a mortar or food processor and purée until a fine texture has been reached. Remove, add Hojiblanca Extra-Virgin Olive Oil from Spain, pimentón and vinegar. Mix well.
3. Place the green onions on the grill and cook until completely charred, place in a bowl and cover.
4. *To eat:* Peel the onions from top to bottom and dip into the sauce.

Source: Daniel Olivella, as served at the 2017 Healthy Kitchens, Healthy Lives® conference.
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ENTREES

BRAISED LENTILS AND DUCK A LA CATALANA FEATURING ARBEQUINA EXTRA-VIRGIN OLIVE OIL FROM SPAIN

Yield: 40 Portions

Ingredients:	Amounts
Salt	2 Tbsp.
Cinnamon	2 Tbsp.
Sweet pimentón	5 Tbsp.
Cumin	3 Tbsp.
Garlic, chopped	2 Tbsp.
Arbequina Extra-Virgin Olive Oil from Spain	½ cup
Muscovy duck legs	10 ea.
Curly parsley, chopped	2 Tbsp.
Roma tomatoes cut in half	5 ea.
Carrots chopped	5 ea.
Onions, medium diced	4 ea.
Garlic cloves whole	12 ea.
Thyme sprig	5-6 ea.
Cream sherry	1 btl. (750 mL)
Chicken stock	2 qt.
Pine nuts, to finish	as needed
Prunes, to finish	as needed
Braised Lentils (recipe follows)	30 cup
Berry Vinaigrette (recipe follows)	as needed

1. Mix all the dry spices and the chopped garlic with the olive oil and rub the duck, let sit overnight.
2. Place all the vegetables on a large baking dish, layer the duck on top, add the sherry, fill up the empty bottle with water, add it to the duck, heat up, seal it with foil, and bake in the oven at 350°F for 2 ½ to 3 hours, until the meat comes off the bone. Uncover and set aside.
3. When cool enough to handle, pick up the duck legs, place them on a baking tray, and place in a 500°F oven for 5 minutes. Set aside.
4. Meanwhile strain the liquid, add 2 quarts chicken stock and set aside.
5. Toast the pine nuts.
6. *To serve:* Heat the duck with the sauce and 2 to 3 prunes cut in half per person in a covered container for about 10 minutes in a 500°F oven.
7. Place the meat on the salamander, and reduce the sauce.
8. Toss the lentils with vinaigrette to taste. Adjust seasoning with salt and pepper.
9. Place a spoonful of lentils on the plate, top with a piece of duck, and some sauce. Garnish with pine nuts and more prunes if desired.

BRAISED LENTILS

Yield: 6 Portions/ 6 Cups

Ingredients	Amounts
Lentils (preferably French green lentils)	2 cups
Water	4½ cups
Arbequina Extra-Virgin Olive Oil from Spain	¼ cup
Onions, medium, cut ¼" dice	2 ea.
Carrots, cut ¼" dice	2 ea.
Celery rib, cut ¼" dice	1 ea.
Chicken stock	¼ cup
Garlic cloves, minced	4 ea.
Parsley, minced	3 Tbsp.
Thyme, minced	1 Tbsp.
Salt	1 tsp.
Ground black pepper	¼ tsp.

Method

1. Combine the lentils and the water in a large saucepan. Heat to boiling. Reduce the heat to very low and simmer covered until tender but still firm to the bite, about 25 minutes for green lentils or 10 to 40 minutes for brown lentils, depending on their age.
2. Heat the oil in a large sauté pan over low heat. Add the vegetables, cook, stirring occasionally, until tender, about 15 minutes.
3. Add the garlic, parsley and thyme, and cook until aromatic. Stir in the lentils and water, bring to a boil, and reduce to a simmer until the lentils are tender. Season to taste with salt and pepper.

BERRY VINAIGRETTE

Yield: 12 Portions

Ingredients	Amounts
Arbequina Extra-Virgin Olive Oil from Spain	12 Tbsp.
Balsamic vinegar	3 Tbsp.
Berries, fresh or frozen	¼ cup
Dill, minced	3 Tbsp.
Salt	as needed

Method:

1. Mix all the ingredients together in a food processor or with an electric mixer.

**CHICKEN CONFIT FEATURING ARBEQUINA EXTRA-VIRGIN
OLIVE OIL FROM SPAIN**
*POLLO CONFITADO EN ACEITE DE OLIVA VIRGEN EXTRA
DE ESPAÑA*

Ingredients	Amounts
Chicken, whole, cut in 8 pieces, or 8 drumsticks	1 ea.
Salt	as needed
Ground black pepper	as needed
Arbequina Extra-Virgin Olive Oil from Spain	2 cups (plus more as needed)
Bay leaf leaves	1-2 ea.
Rosemary sprig	1 ea.
Whole black pepper	as needed
Garlic cloves	12 ea.
Carrots, peeled, cut on bias	2 ea.
Orange, peel of	½ ea.

Method

1. Cut chicken into legs, thighs, breast, wings, leaving bones in all pieces. Trim any excess of fat.
2. Set the oven at 160°F to 170°F and prepare a large enough baking dish to fit the chicken. Cover it with Arbequina Extra-Virgin Olive Oil from Spain.
3. Meanwhile salt and pepper the chicken and place a sauté pan on the heat with a drizzle of Arbequina Extra-Virgin Olive Oil from Spain.
4. Brown the chicken and set it on the deep baking dish and cover it with olive oil add the bay leaf, rosemary, whole black pepper, garlic, carrots, and orange peel. Cook for 3 hours to confit it properly.

Source: Daniel Olivella, as served at the 2017 Healthy Kitchens, Healthy Lives® conference.
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POACHED SALMON AND CHICKPEAS IN THREE WAYS FEATURING HOJIBLANCA & PICUAL OLIVE OILS FROM SPAIN

Yield: 4 Portions

Ingredients	Amounts
<i>For the Salmon</i>	
Salmon, boneless, skinless filet, cut into 4 oz. portions	16 oz.
Salt	as needed
Garlic cloves, peeled	3 ea.
Thyme	1 bu.
Lemon, zest and juice of, juice reserved	2 ea.
Coriander seeds, toasted	1 Tbsp.
Bay leaf	2 ea.
Hojiblanca Extra-Virgin Olive Oil from Spain	2 ½ cups
 <i>For the Canned Chickpeas</i>	
Hojiblanca Extra-Virgin Olive Oil from Spain	3 Tbsp.
Shallots, peeled and diced	2 ea.
Salt	as needed
Ground black pepper	as needed
Garlic cloves, peeled and diced	2 ea.
Red pepper flakes	½ tsp.
Cumin	½ tsp.
Chickpeas, canned, rinsed in cold water	4 Tbsp.
Water	2 Tbsp.
Parsley, finely chopped	2 Tbsp.
 Egg, large	 2 ea.
 <i>Socca</i>	
Chickpea flour	2 cups
Water	4 cups
Picual Extra-Virgin Olive Oil from Spain	8 Tbsp.
Eggs, beaten	2 ea.
Salt	as needed
 Chickpeas, fresh, peel, pod removed	 4 Tbsp.
Hojiblanca Extra-Virgin Olive Oil from Spain	1 Tbsp.
Maldon salt	as needed

Method

1. *For the Socca:* Preheat oven to 350°F.
2. In a medium bowl whisk in the flour, water, Picual Extra Virgin Olive Oil from Spain, eggs and salt. Let rest for 30 minutes.
3. Line ½ sheet pan with parchment paper and coat evenly with olive oil, including all edges of the sheet pan.
4. Pour batter into the center of the prepared sheet pan, and tilt pan until evenly distributed over the entire sheet pan.
5. Bake the socca for 10 to 12 minutes. Once cooked, the socca should be fairly flexible in the middle but crispy on the edges.
6. Remove from sheet pan and parchment paper, slice and serve.
7. *For the Salmon:* Allow salmon to come to room temperature, season generously with salt.
8. Place the garlic, thyme, lemon zest, coriander and bay leaves, in a cheesecloth, and tie into a sachet.
9. Add Hojiblanca Extra Virgin Olive Oil from Spain and the sachet to a straight-sided sauté pan. Bring to medium heat, about 150°F, then remove from heat and allow to sit for 15 minutes.
10. Add salmon fillet to the pan with olive oil. Allow the fish to cook slowly for 20 to 30 minutes away from heat. Remove fish using a fish spatula.
11. *For the Canned Chickpeas:* Add 1 tablespoon of Hojiblanca Extra Virgin Olive Oil from Spain to a small heavy-bottomed saucepan over medium heat.
12. Add shallots and season with salt and pepper. Cook gently until softened, but not browned, about 3 minutes.
13. Raise heat to medium-high. Add garlic, cumin, red pepper flakes and stir to combine. Let sizzle without browning for approximately 1 minute.
14. Add chickpeas, and let them heat through. With a fork or wooden spoon, crush about ½ of the chickpeas. Stir well, taste and adjust seasoning. Add 2 tablespoons of water, or reserved bean cooking liquid. Let mixture simmer briskly for a minute or two.
15. Stir in reserved lemon juice to taste and 2 tablespoons Hojiblanca Extra Virgin Olive Oil from Spain. Add parsley chiffonade and mix well.
16. *For the Poached Egg:* Place fridge temperature egg in 167°F/75°C water. Using an immersion circulator, cook for 13 minutes. If you are using room-temperature eggs, the cooking time will be slightly shorter.
17. *For the Fresh Chickpeas:* Bring a small pot of water to boil over high heat.
18. Peel and remove chickpeas from pod. Just before blanching the chickpeas, add 1 tablespoon of salt to the boiling water. Salt helps maintain color and improve flavor, but it may be omitted if you wish.
19. When the vegetables are done, quickly remove them from the boiling water with a slotted spoon and plunge them into the ice bath to stop the cooking process.
20. Sauté in 1 teaspoon of Hojiblanca Extra Virgin Olive Oil from Spain, salt and pepper to taste. Reserve and keep warm.
21. *To Finish:* On warm plate, place ¼ of the smashed chickpeas and place 1 portion of salmon in the middle of the plate, followed by ½ a poached egg. Place socca on the side of the plate next to the salmon, and garnish with 1 tablespoon of fresh chickpeas.
22. Add a pinch of maldon sea salt and drizzle generously with Spanish olive oil.

Source: Ed Brown, as presented at the 2018 Menus of Change® conference.
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QUINOA-KALE PANCAKES WITH VEGETABLE RELISH FEATURING PICUAL, CORNICABRA & ARBEQUINA EXTRA VIRGIN OLIVE OILS FROM SPAIN

Yield: 4 Portions

Ingredients	Amounts
<i>Quinoa Kale Pancakes</i>	
Quinoa	1 cup
Water	2 cups
Eggs, whisked	4 ea.
Parmesan, shredded	1/3 cup
Spring onion, sliced thin, both green and white parts	2 ea.
Garlic clove, peeled and minced	3 ea.
Salt	½ tsp.
Kale, steamed, chopped	1 cup
Gluten free breadcrumbs	1 cup
Picual Extra-Virgin Olive Oil from Spain	1 Tbsp.
Cornicabra Extra-Virgin Olive Oil from Spain	3 Tbsp.
<i>Vegetable Relish</i>	
Tomatoes, split, core removed, seeded, small diced	½ cup
Kirby cucumber, split, core removed, seeded, small diced	½ cup
Red onion, small dice, washed twice with hot water and 1 time with cold	1/3 cup
Green onions, sliced	2 ea.
Sherry vinegar	¼ cup
Salt	1 Tbsp.
Brown sugar	1 tsp.
Edamame, peel and take off outer skin	½ cup
Manchego cheese, crumbled	2 Tbsp.
Basil leaves, torn by hand	8 ea.
Mint leaves, torn by hand	6 ea.
Bacon, small diced and rendered	4 oz.
Arbequina Extra-Virgin Olive Oil from Spain	1 cup
Lime, split and juice of	1 ea.
Salt	as needed
Ground black pepper	as needed

Garnish

Arbequina Extra-Virgin Olive Oil from Spain, for drizzling	as needed
Pimentón de la vera	1 tsp.
Maldon sea salt	as needed
Avocado, peel and pit	1 ea.

Method

1. *For the Quinoa Kale Pancakes:* Rinse 1 cup of quinoa thoroughly before cooking, and place the grains in a medium sauce pan with 2 cups of water. Allow quinoa to soak for 15 minutes. Then bring the water to a boil and reduce to a simmer.
2. Cook until quinoa is tender and has absorbed the liquid, about 20 minutes. Let cool to room temperature.
3. In a large bowl, mix together cooked quinoa, eggs, parmesan, spring onions, garlic, salt, steamed kale, breadcrumbs, and Picual Extra-Virgin Olive Oil from Spain. Let everything sit for 5 minutes to absorb the liquid. You want the batter to be moist, but not runny. Form into pancakes.
4. Heat 3 tablespoons Cornicabra Extra-Virgin Olive Oil from Spain in a nonstick skillet over medium-low heat. Cook up to 6 patties at a time.
5. Cook for 2 ½ minutes until one side is golden brown. Flip and cook the other side for 2 ½ minutes. Let pancakes rest on a cooling rack while you finish the next batch.
6. *For the Vegetable Relish:* In a non-reactive bowl, add the tomato, cucumber, onions, green onions, vinegar, salt and sugar.
7. Add edamame, manchego, basil, mint, bacon, Arbequina Extra-Virgin Olive Oil from Spain and a squeeze of lime juice, salt and pepper.
8. *For the Bacon:* Take skin off and cut into ½ inch pieces or lardons.
9. In a small sauté pan over medium heat, add bacon and cook until golden and most fat is rendered.
10. Save bacon fat for other use and place cooked bacon under paper towels. Reserve.
11. *To finish:* Place quinoa pancakes on the center of the plate and add ¼ of the summer relish. Drizzle with Arbequina Extra-Virgin Olive Oil from Spain and pimento de la vera. Finish with maldon sea salt and optional avocado.

Source: Ed Brown, as presented at the 2018 Menus of Change® conference.
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TUNA ESCABECHE FEATURING PICUAL EXTRA VIRGIN OLIVE OIL FROM SPAIN (*ATUN EN ESCABECHE*)

Yield: 4 Portions

Ingredients	Amounts
Tuna loin, Ahi or Bluefin	1 lb.
Picual Extra-Virgin Olive Oil from Spain, plus extra for drizzling	2 cups
Onion, thinly sliced	1-2 ea.
Garlic cloves, skin on	12 ea.
Bay leaf	4 ea.
Thyme sprig	1 ea.
Oregano sprig	1 ea.
Red wine vinegar	½ cup
Pimentón dulce	2-3 Tbsp.
Salt	as needed

Method

1. Clean and dice the tuna into a 1-inch to 1½-inch by 6-inch rectangles, and drizzle with Picual Extra-Virgin Olive Oil from Spain and salt.
2. In a non-stick pan on very high heat, sear the tuna on all 4 sides quickly, about 30 seconds per side. When done set tuna aside.
3. Return the pan to the stove and add ¼ cup of the Picual Extra-Virgin Olive Oil from Spain. Add the onion, cover the pan, and cook on low heat until soft, about 20 minutes. Add the garlic, and cook for another 8 to 10 minutes.
4. Add the bay leaf, thyme and oregano, and sear for 30 seconds. Add the rest of the Picual Extra-Virgin Olive Oil from Spain. When it begins to boil, turn off the heat, add red wine vinegar and pimentón and set aside.
5. Cut the tuna in squares, and once the escabeche is warm, place the tuna on top, and allow it to cool before serving. It tastes best the day after.

Source: Daniel Olivella, as served at the 2017 Healthy Kitchens, Healthy Lives® conference.
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ATLANTIC HAND LINED SWORDFISH PAILLARD, CRISPY BROCCOLI & EMMER “SPOON BREAD” SHAVED STEM, SMOKED MOUSSE AND SPROUTS, DEHYDRATED TOMATO CHIPS, GREEN GARBANZO BEANS, EXTRA-VIRGIN OLIVE OIL FROM SPAIN

Yield: 4 Portions

Ingredients	Amounts
<i>Garbanzo Beans</i>	
Garbanzo beans, shelled	2 oz.
Extra-virgin olive oil from Spain	as needed
Lemon, zest and juice of	1 ea.
<i>Dish Components (serves 4)</i>	
Swordfish Paillard (recipe follows)	4 ea.
Spoon Bread (recipe follows)	12 ea.
Shaved broccoli stem	28 ea.
Broccoli Mousse (recipe follows)	8 oz.
Broccoli sprouts	40 ea.
Tomato Chips (recipe follows)	32 ea.
<i>Herb Salad</i>	
Parsley	
Tarragon	
Baby sorrel	
Spanish extra-virgin olive oil	as needed
Lemon	1 ea.

Method

1. *For the Garbanzo Beans:* Blanch the garbanzo beans in boiling salted water, drain well and toss with extra-virgin olive oil and lemon zest.
2. Lay Swordfish Paillard on plate and squeeze lemon on top. Arrange all ingredients on top of swordfish like you are topping a pizza. Drizzle with extra-virgin olive from Spain oil and serve.

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SWORDFISH PAILLARD

Ingredients

Amounts

Swordfish, 4.5 oz ea.	4 ea.
Extra-virgin olive oil from Spain	8 oz.
Salt	a pinch
Ground black pepper	a pinch
Tarragon	2 Tbsp.

Method

1. Place swordfish between two pieces of parchment and gently pound until it's about $\frac{1}{4}$ of an inch thick.
2. Season swordfish with salt, pepper and tarragon. Put fish into pan with olive oil. Let sit on a warm pilot or in a warm oven for 20 to 25 minutes.

Source: Ed Brown, as presented at the 2017 Menus of Change® conference.
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“SPOON BREAD”

Ingredients	Amounts
Broccoli florets	6 oz.
Soaked emmer	6 oz.
Parsley	1 bu.
Garlic clove	1 ea.
Red pepper flake	a pinch
Extra-virgin olive oil from Spain	1 Tbsp.
Baking powder	1 tsp.
Salt	as needed
Extra-virgin olive oil from Spain	¼ cup

Method

1. Mix all ingredients in a food processor and purée until smooth. Let sit for 5 minutes.
2. Heat extra-virgin olive oil from Spain on medium heat in a pan. Scoop out quarter-sized spoonfuls of the mixture and place onto the pan.
3. Let cook for about 3 minutes on one side before flipping and smashing slightly. Continue to cook on the other side for about 3 more minutes.
4. Pull from oil and set on towel to rid of any excess oil.

Source: Ed Brown, as presented at the 2017 Menus of Change® conference.
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BROCCOLI MOUSSE

Ingredients	Amounts
Broccoli	1 lb.
Extra-virgin olive oil from Spain	2 Tbsp.
Salt	as needed
Ground black pepper	as needed

Method

1. Blanch broccoli until tender. Put blanched broccoli into a bowl with extra-virgin olive oil from Spain and cover with plastic wrap.
2. Cut a small hole in the plastic wrap, and insert a tube to handheld smoker (if using one). Fill the container with smoke and seal the hole. Let sit for 10 minutes.
3. Add broccoli and extra-virgin olive oil from Spain to a blender and purée until smooth. Season with salt and pepper.

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TOMATO CHIPS

Ingredients

Mixed cherry/grape tomatoes
Salt

Amounts

10 ea.
as needed

Method

1. Slice tomatoes as thinly as possible and lay on a silicone baking mat.
2. Put into a 200°F oven for 30 to 40 minutes. Pull out and let cool.
3. Very carefully remove chips and place onto a paper towel. Season with salt.

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OLIVE GREENWHEAT FREEKEH, EXTRA VIRGIN OLIVE OIL FROM SPAIN CONFIT OF NORTH ATLANTIC MACKEREL, TOMATO RAGOUT, ROASTED BABY SQUASH, ESPELETTE GARLIC CHIPS, BASIL INFUSED OLIVE OIL, AND ALMOND CRUMBLE

Yield: 4 Portions

Ingredients	Amounts
<i>Dish Components</i>	
Freekeh (recipe follows) (mix freekeh with onion purée - recipe follows)	12 oz.
Mackerel (recipe follows)	12 oz.
Tomato Ragout (recipe follows)	16 oz.
Baby yellow patty pan squash, quartered & roasted in hot pan with Spanish extra-virgin olive oil	8 ea.
Baby green zucchini halved & roasted in hot pan with extra-virgin olive oil from Spain	4 ea.
Onion purée (recipe follows)	8 oz.
Basil/Almond Crumble (recipe follows)	8 Tbsp.
Garlic Chips (recipe follows)	60 ea.
Olive Mix (recipe follows)	8 Tbsp.

Method

1. Spread out freekeh on plate. Add flakes of Mackerel, Tomato Ragout, squash, and zucchini.
2. Spoon onion purée on top. Spoon out Olive Mix. Sprinkle Basil/Almond Crumble on top, and do the same with Garlic Chips, Olive Mix and serve.

Source: Ed Brown, as presented at the 2017 Menus of Change® conference.
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FREEKEH

Ingredients	Amounts
Vegetable stock	1 ¾ qt.
Thyme	3 pc.
Bay leaf	3 pc.
Salt	1 Tbsp.
Freekeh	2 lb.

Method

1. In a pot put all ingredients except for freekeh. Bring to a boil then stir in the freekeh.
2. Turn down to a simmer, cover and cook for 20 minutes. Pull from heat and pour onto a sheet pan to cool.

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ONION PURÉE

Ingredients	Amounts
Spanish onion, peeled	16 oz.
Extra-virgin olive oil from Spain	4 oz.
Water	4 oz.
Salt	1 tsp.
Green olives	3 oz.

Method

1. Wrap onion in parchment then wrap in foil. Roast in oven at 350°F for one hour, until completely soft.
2. Put onion and onion juice into blender with all ingredients and purée until smooth.
3. Set aside to “cream” the freekeh.

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EXTRA-VIRGIN OLIVE OIL FROM SPAIN CONFIT OF MACKEREL

Ingredients	Amounts
Mackerel	1 side
Shallot, sliced	1 ea.
Lemon, sliced	1 ea.
Oregano sprigs	3 ea.
Garlic clove, smashed	1 ea.
Extra-virgin olive oil from Spain	as needed
Salt	a pinch
Ground black pepper	a pinch

Method

1. Season fish, and put all ingredients into a pan, making sure fish is covered with oil. Place piece of parchment over the pan, and then cover with foil.
2. Bake in oven at 180°F for 30 minutes. Let cool for 15 minutes.
3. Remove fish and flake into pieces. Use some of the poaching oil to coat the flaked mackerel.

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TOMATO RAGOUT

Ingredients	Amounts
Extra-virgin olive oil from Spain	1 Tbsp.
Garlic clove, sliced	1 ea.
Shallot, sliced	1 ea.
Red pepper flakes	a pinch
Cherry/grape tomatoes, blanched, peeled and cut in half	12 oz.
White wine	2 oz.
Salt	a pinch

Method

1. In a pan over medium heat, cook garlic and shallot with Spanish olive oil until toasted. Add red pepper flakes and the tomatoes.
2. Cook for 2 minutes and add wine and salt. Let simmer for another 2 to 3 minutes until tomatoes soften up a little bit more.

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GARLIC CHIPS

Ingredients

Amounts

Garlic cloves, shaved on mandolin	6 ea.
Espelette pepper	1 Tbsp.
Salt	a pinch

Method

1. Put garlic into pot with cold water. Bring to a boil and strain. Repeat this step two more times.
2. Dry garlic and drop into a fryer at 350°F degrees. Cook for about 30 to 45 seconds until crispy. Garlic should be a nice white color. Pull and set onto a towel to drip off excess oil.
3. Season with espelette and salt.

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BASIL INFUSED EXTRA-VIRGIN OLIVE OIL FROM SPAIN & ALMOND CRUMBLE

Ingredients	Amounts
<i>Basil Infused Extra Virgin Olive Oil</i>	
Basil	6 oz.
Extra-virgin olive oil from Spain	12 oz.
Maltodextrin (Tapioca)	1 pt.
Salt	1 tsp.
Almonds, sliced, toasted, ground in food processor	1 cup

Method

1. *For the Basil Infused Extra Virgin Olive Oil from Spain:* Blanch the basil in boiling water, shock and purée with extra-virgin olive oil from Spain. Strain through a filter.
2. In a food processor, pour in 6 Tbsp. of the basil oil, the maltodextrin and salt, and purée until crumbly and green. Put into a bowl and mix in ground almonds.

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OLIVE MIX

Ingredients	Amounts
Green olives	3 oz.
Black olives	3 oz.
Fennel	3 oz.
Coriander seed, toasted, cracked	a pinch
Extra-virgin olive oil from Spain	3 Tbsp.

Method

1. Finely dice olive and fennel and mix with coriander and extra-virgin olive oil from Spain.

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SAUCES & DRESSINGS

CATALAN GARLIC AND EXTRA-VIRGIN OLIVE OIL FROM SPAIN SAUCE *AIOLI*

Yield: 1/2 Cup

Ingredients:	Amounts
Garlic, diced	1 ea.
Salt	1/8 tsp.
Egg yolk	1 ea.
Extra virgin olive oil from Spain	1/2 cup
Red wine vinegar	a splash

Method

1. Add the garlic into mortar with salt, and mash into a pulp with the pestle. Add in the egg yolk. Mix well.
2. In a thin stream, slowly add in the olive oil while moving the pestle in a continual circular motion. Allow 10 to 15 minutes to add in all of the oil. If the oil is added too fast, it will "break" the emulsion and the olive oil and egg will separate.
3. The consistency needs to be thick enough so that the pestle just stands up. If the aioli gets too thick while mixing - when the pestle can't be moved around easily - add in a small amount of lukewarm water, one drop at a time as needed. At the end add a splash of red wine vinegar to bring all the flavors together.

Nutrition Information (per 2 tablespoon serving/portion)

Calories: 300 / Protein: 2 g / Carbohydrate: 1 g / Fiber: 0 g / Carbohydrate to fiber ratio: NA
Saturated fat: 5 g / Polyunsaturated fat: 3 g / Monounsaturated fat: 23 g
Trans fat: 0 g / Sodium: 40 mg / Potassium: 20 mg / Added sugar: 0 g

Source: Daniel Olivella, as presented at the 2018 Healthy Kitchens, Healthy Lives® conference.
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CHIMICHURRI

Yield: 12 Portions

Ingredients	Amounts
Oregano	1 bu.
Parsley	1 bu.
Thyme sprigs	8 ea.
Garlic cloves	3 ea.
Salt	as needed
Bay leaves	2 ea.
Paprika	1 Tbsp.
Pimentón	1 Tbsp.
Red wine vinegar	4 tsp.
Extra-virgin olive oil from Spain	6 Tbsp.
Ground black pepper	as needed

Method

1. Remove the oregano, parsley and thyme leaves from their stems, and discard the stems.
2. Place the cloves of garlic in a mortar and pestle and crush the cloves, adding a small pinch of salt, until you have a smooth paste.
3. Add the oregano, parsley and thyme and crush all. And the rest of the ingredients, mix well, cover and place in a warm space in the kitchen for at least 5 to 6 hours.

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SOFRITO

Yield: 2 Cups

Ingredients	Amounts
Extra-virgin olive oil from Spain	1/3 cup
Onion, medium, small diced	1 ea.
Tomatoes, canned, peeled whole strained (juice reserved), roughly chopped, 5 to 6 tomatoes total per can	32 oz.
Salt	1/4 tsp.

Method

1. Heat extra-virgin olive oil from Spain in a deep sauce or sauté pan over a medium-high flame. Add the onions and reduce the heat to low.
2. Braise the onion slowly while covered, stirring often, especially at the end. The onions will turn translucent, then golden. This should take about 30 minutes.
3. When the onions are done, add in the tomatoes. Gently simmer, uncovered, for 60 and 75 minutes, gradually adding in the conserved juice as the liquid evaporates out.

Nutrition Information (per 1/4 cup serving/portion)

Calories: 110 /Protein: 1 g/Carbohydrate: 6 g/ Fiber: 1 g/ Carbohydrate to fiber ratio: 6
Saturated fat: 1.5 g/Polyunsaturated fat: 1 g/Monounsaturated fat: 7 g
Trans fat: 0 g/Sodium: 280 mg / Potassium: 20 mg / Added sugar: 0 g

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MINT MOJO/ MOJO DE MENTA

Yield: 6 Cups

Ingredients	Amounts
Cilantro	1 bu.
Parsley	1 bu.
Mint	2 bu.
Sugar	1 Tbsp.
Extra-virgin olive oil from Spain	1 qt.
Red wine vinegar	¼ cup
Salt	as needed
Ground black pepper	as needed

Method

1. Remove the leaves from the stem of all the herbs, discard the stems.
2. Crush all the herbs and the sugar in a mortar or a food processor.
3. Transfer herb mixture to a bowl, and then add extra-virgin olive oil from Spain and vinegar, and season with salt and pepper.

Nutrition Information (per 2 tablespoon serving/portion, prepared with 2 ½ tablespoons added salt)

Calories: 170 /Protein: 0 g/Carbohydrate: 1 g/ Fiber: 0.5 g/ Carbohydrate to fiber ratio: 2
Saturated fat: 2.5 g/Polyunsaturated fat: 1.5 g/Monounsaturated fat: 14 g
Trans fat: 0 g/Sodium: 180 mg / Potassium: 35 mg / Added sugar: 0 g

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GREEN SAUCE/SALSA VERDE

Yield: 3 Cups

Ingredients	Amounts
Parsley	1 bu.
Cilantro	1 bu.
Jalapeño, roasted, skin, seeds removed	2 ea.
Garlic, chopped	1 Tbsp.
Anchovies, chopped	8 ea.
Capers, drained	1 Tbsp.
Extra-virgin olive oil from Spain	1 cup
Salt	as needed
Ground black pepper	as needed

Method

1. Remove the leaves of parsley and cilantro from the stem and discard it
2. Roast the jalapeños on top of a grill until charred, remove and when cool enough (use globes) peel and remove seeds.
3. Place the cloves of garlic in a mortar and pestle and crush the cloves, adding a small pinch of salt, until you have a smooth paste. Next add the roasted jalapeños and the anchovies, crush, and add the herbs and pound until it forms a paste.
4. Remove and place in a bowl, adding the capers and extra-virgin olive oil from Spain. Season to taste with salt and pepper.

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PARSLEY PICADA

Yield: 1 Cup

Ingredients	Amounts
Parsley	1 bu.
Lemons	2 ea.
Garlic clove, peeled	2 ea.
Extra-virgin olive oil from Spain	½ cup
Salt	as needed

Method

1. Remove the leaves of parsley from the stem, and discard the stem. Zest the lemons and set aside.
2. Place the cloves of garlic in a mortar and pestle and crush the cloves, adding a small pinch of salt, until you have a smooth paste. Next add the zest of the lemons to the mortar and work it into the garlic paste.
3. Add the extra-virgin olive oil from Spain and parsley and keep crushing it. Taste for salt.

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CALCOTS SAUCE (ROMESCO VARIATION)

Yield: 4 Portions

Ingredients	Amounts
<i>Sauce</i>	
Tomatoes	4 ea.
Garlic	1 hd.
Garlic clove	1 ea.
Salt	as needed
Marcona almonds	2 oz.
Mexican green onions	12 ea.
Extra-virgin olive oil from Spain	½ cup
Sweet pimenton	½ tsp.
Aged vinegar	2 tsp.

Method

1. *For the Sauce:* Roast the tomatoes and the garlic head until charred. Once ready, remove and peel. Place in a mortar or food processor.
2. Add the garlic, salt, Marcona almonds, and Mexican green onions and purée to a fine texture.
3. Add the Extra-virgin olive oil from Spain, pimenton and vinegar and mix well.

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GARUM (ANCHOVY, OLIVE AND BREAD)

Yield: 4 Portions

Ingredients	Amounts
Black herb-marinated olives	2 oz.
Anchovies	2 oz.
Oregano, chopped	1 Tbsp.
Thyme sprigs	2 ea.
Day old bread, white part only	1 oz.
Extra-virgin olive oil from Spain	1½ cups

Method

1. Remove the pits from the olives, roughly chop the anchovies, and set aside.
2. In a mortar, first pound the herbs, then the olives and finally the anchovies until it is all a paste. Add the bread and pound until it is incorporated. Slowly pour the extra-virgin olive oil from Spain into the pounded mixture, and blend well.
3. Serve with thin slices of grilled bread.

Note: If you do not have a mortar, just mix all the ingredients except the oil in a blender. Once everything is well pureed, add the oil and mix for a few seconds only, otherwise the garum becomes too gray and bland.

If the mortar it is too small to hold everything, right after pounding all the ingredients, dump everything in a bowl and with the help of a whip, incorporate the olive oil into the mixture.

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SHRIMP OIL

Yield: 1 Quart

Ingredients	Amounts
Shrimp shells	1 qt.
Extra-virgin olive oil from Spain	1 qt.

Method

1. Place the shrimp shells in a single layer in a 350°F oven for 5 to 10 minutes to toast, checking them often to prevent burning.
2. Remove and place in a small stockpot with extra-virgin olive oil from Spain over low heat for at least 1 hour. Strain and use.

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PIMENTON OIL

Yield: 4 Portions

Ingredients	Amounts
extra-virgin olive oil from Spain	2 cups
Canola oil	2 cups
Onions, caramelized	2 Tbsp.
Black peppercorns	1 tsp.
Bay leave	2-3 ea.
Thyme sprigs	2-3 ea.
Garlic cloves	5-6 ea.
Sweet pimenton	1 Tbsp.

Method

1. Combine everything in a small stock pot, making sure that the pimenton is well dissolved. Place on low heat for 1 hour to infuse.

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ROMESCO SAUCE

Yield: 3 Cups

Ingredients	Amounts
Ñora chiles or ancho chiles	2 ea.
Almonds, skin on	1 oz.
Ripe tomato, large, roasted, peeled, seeded, and diced	3 ea.
Garlic cloves, skin on	6 ea.
Bread, sliced	2 slices
Red wine vinegar	2 tsp.
Extra-virgin olive oil from Spain	1 Tbsp.
Salt	1 tsp.
Hot pepper flakes, finely ground	a pinch

Method

1. Preheat the oven to 350°F degrees. Toast the almonds for 8 to 10 minutes, moving them every 2 minutes. Remove and allow to cool.
2. Bring a small pot half full of water to a boil. When boiling, reduce to a simmer. Add the peppers, cook for 5 minutes, then remove. When cool enough to handle, remove the inside meat from the skin and set aside.
3. Turn a grill to medium heat. When hot, grill the garlic until tender, the tomatoes until soft and the bread until well toasted. It will take about 25 minutes, especially for the tomatoes, as you need them well cooked.
4. In a mortar, pound all the ingredients in this order: First the almonds and chili flakes until it forms a paste. Add bread, breaking it into little pieces. Add the garlic, the tomatoes, the red wine vinegar, the extra-virgin olive oil from Spain, and the rest of the salt.

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HONEY MUSTARD VINAIGRETTE

Yield: 1/3 Cup

Ingredients	Amounts
Extra-virgin Olive Oil from Spain, Arbequina	4 Tbsp.
Apple cider vinegar	1 Tbsp.
Dijon mustard	1 Tbsp.
Honey	1 Tbsp.
Salt	as needed

Method

1. Mix all the ingredients together in a food processor or with an electric mixer.

Nutrition Information (per tablespoon, prepared with ½ teaspoon added salt)

Calories: 120 / Protein: 0 g / Carbohydrate: 4 g / Fiber: 0 g / Carbohydrate to fiber ratio: 4
Saturated fat: 1.5 g / Polyunsaturated fat: 1 g / Monounsaturated fat: 8.5 g
Trans fat: 0 g / Sodium: 185 mg / Potassium: 2 mg / Added sugar: 3.5 g

BERRY AND EXTRA-VIRGIN OLIVE OIL FROM SPAIN VINAIGRETTE

Yield: 12 Portions, About 1 1/3 Cup

Ingredients	Amounts
Extra-Virgin Olive Oil from Spain, Arbequina	12 Tbsp.
Balsamic vinegar	3 Tbsp.
Berries, fresh or frozen	1/4 cup
Dill, minced	3 Tbsp.
Salt	as needed

Method

1. Mix all the ingredients together in a food processor or with an electric mixer.

Nutrition Information (per serving/portion, prepared with 1/2 teaspoon added salt)

Calories: 130 / Protein: 0 g / Carbohydrate: 1 g / Fiber: 0 g / Carbohydrate to fiber ratio: NA
Saturated fat: 2 g / Polyunsaturated fat: 1.5 g / Monounsaturated fat: 11 g
Trans fat: 0 g / Sodium: 50 mg / Potassium: 10 mg / Added sugar: 0 g

MEDITERRANEAN VINAIGRETTE

Yield: 1/3 Cup

Ingredients	Amounts
Extra-virgin olive oil from Spain, Hojiblanca	4 Tbsp.
Lemon juice	1 Tbsp.
Lemon zest	1 ea.
Oregano	1 Tbsp.
Garlic, minced	1 Tbsp.
Salt	as needed

Method

1. Mix all the ingredients together in a food processor or with an electric mixer.

CATALAN VINAIGRETTE

Yield: ½ Cup

Ingredients	Amounts
Extra-virgin olive oil from Spain, Arbequina	½ cup
Balsamic vinegar	1 Tbsp.
Hazelnuts	1 Tbsp.
Paprika	1 tsp.
Roasted garlic clove	1 ea.
Roasted tomato	1 ea.
Salt	as needed

Method

1. Mix all the ingredients together in a food processor or with an electric mixer.

ORANGE VINAIGRETTE

Yield: 1/3 Cup

Ingredients	Amounts
Extra-virgin olive oil from Spain, Picual	4 Tbsp.
Orange juice	1 Tbsp.
Orange zest	1 Tbsp.
Cumin	a pinch
Salt	as needed

Method

1. Mix all the ingredients together in a food processor or with an electric mixer.

Nutrition Information (per tablespoon, prepared with ½ teaspoon added salt)

Calories: 95 / Protein: 0 g / Carbohydrate: 0 g / Fiber: 0 g / Carbohydrate to fiber ratio: NA
Saturated fat: 1.5 g / Polyunsaturated fat: 1 g / Monounsaturated fat: 8 g
Trans fat: 0 g / Sodium: 105 mg / Potassium: 5 mg / Added sugar: 0 g

BASIL VINAIGRETTE

Yield: 1/3 Cup

Ingredients	Amounts
Extra-virgin olive oil from Spain, Picual	4 Tbsp.
Parmesan, grated	1 Tbsp.
Basil stem	1 ea.
Balsamic vinegar	1 Tbsp.
Salt	as needed

Method

1. Mix all the ingredients together in a food processor or with an electric mixer.

GINGER, LEMON, AND EXTRA-VIRGIN OLIVE OIL FROM SPAIN VINAIGRETTE

Yield: 1/3 Cup

Ingredients	Amounts
Extra-virgin olive oil from Spain, Hojiblanca	4 Tbsp.
Lemon juice	1 Tbsp.
Lemon zest	1 Tbsp.
Ground ginger	1 tsp.
Garlic clove, minced	1 ea.
Salt	as needed

Method

1. Mix all the ingredients together in a food processor or with an electric mixer.

GRAVY SAUCE

Yield: 2 Cups

Ingredients	Amounts
Whole wheat flour	¼ cup
Extra-virgin olive oil from Spain, Hojiblanca	4 Tbsp.
Chicken stock	1 cup
Reserved juices from a roasted meat	1 cup
Worcestershire sauce	1 Tbsp.
Salt	as needed
Ground black pepper	as needed

Method

1. First, lightly fry the flour in Extra-virgin Olive Oil from Spain. Then, add the hot chicken stock and meat juices.
2. Cook it for 5 minutes, season with Worcestershire sauce, salt and pepper. Serve warm.