



RECIPE FOR

SPANISH TAPAS



PREPARATION

- Roman-style calamari: Cut the body of a previously cleaned calamari into rounds. Dredge lightly in flour and deep fry at 160°C for 3 to 5 minutes.
- Garlic confit: The day before make parsley oil: bring a large pot of salted water to the boil and blanch a bunch of parsley for 10 seconds. Then plunge the parsley immediately into ice water to stop the cooking process and set the colour. Drain well. Purée in a blender with 300 ml of olive oil. Strain through a coffee filter set over a jar and leave overnight. The next day the oil is ready to be used. Make the garlic confit: place a few cloves of peeled garlic in a pan of cold water, bring to the boil and blanch for 1 minute and cool down immediately. Repeat 4 times. Cook the garlic in the parsley oil for 1 hour at 60°C .
- Stuffed squid: Clean a few small squids, reserve the bodies, roughly chop the heads and sauté briefly over high heat. Stir in chopped garlic and parsley. Remove and discard the ink pouches from inside the squids then stuff with the mixture. Sauté or grill for a few minutes on each side.
- Mussels in red bell pepper oil: Steam the mussels in white wine to open. Remove and discard the shells, reserving the broth. Add the garlic and the mussels to the broth. Cook slowly over very low heat for 1 hour at 60°C in red bell pepper-infused oil.
- Complete the platter with various tapenades and crostini.



1¼ HOUR | LEVEL



Shopping list

INGREDIENTS

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Calamari
Garlic cloves
Squids
Parsley
White wine
Red bell pepper-infused oil
Flour
Vegetable oil
Olive oil
Mussels

Les Jamelles

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