

Spanish Selection Cooking Class

Thank you for having chosen our cooking class to get introduced to the Spanish Food Culture. Before you, thousands of guests have enjoyed this class in-person in our cooking school in Madrid, so I hope you enjoy it too.

Do not hesitate to contact us for any questions or comments, before and after the class.

Best wishes,
Eduardo

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Grocery List

Include alternatives for dietary reqs or hard-to-find items.

Fruit & Veggies

Tomatoes	1 lb	Roma type if possible, better ripe
Potatoes	1 lb	Any type good for frying, usually with yellow flesh (Russet, Kennebec, Maris Piper...)
Oranges	3	Fresh. Navel or Valencia type if possible Alternative: peach or apple + orange juice
Lemon	1	Fresh Alt.: other citrus (grapefruit, lime...)
Garlic	6 cloves	Fresh in cloves Alt.: jarred, frozen, minced. Not powder
Parsley	1 sprig	Fresh, flat leaves type if possible Alt.: dried in flakes

Seafood

Shrimp	12 oz (frozen)	Peeled deveined tail-off small size (71-90 per lb) (example link) Alt.: other sizes (the smaller the better) Alt.: 1/2 lb mushrooms
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Refrigerated

Milk	10 fl oz	Whole if possible Alt.: any non-dairy milk (almond, rice, soy...)
Eggs	3	Any size

Bakery

Bread	3 oz	Wheat bread crumb, fresh or stale (2-3 slices)
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Baking

Flour	2 tsp	All-purpose flour Alt.: corn starch
Sugar	3 Tbsp	Pure granulated white sugar
Corn starch	2 Tbsp	

Misc. groceries

Chicken stock	3 fl oz	Home-made or from carton (example link) Alt.: cubes, powder, tap water
Fish stock	2 fl oz	Home-made or from carton (example link) Alt.: cubes, powder, chicken stock
Olive oil	2 cups	All purpose, classic olive oil (example link) Alt.: canola oil, vegetable oil
Extra virgin olive oil	1/2 cup	A nice Spanish extra virgin olive oil (example link) Alt.: Italian, Greek...
Sherry vinegar	1 tsp	Genuine Spanish vinegar (example link) Alt.: wine vinegar or any type
Serrano ham	1 slice	Genuine Spanish cured ham (example link) Alt.: prosciutto, bacon...

Spices

Cinnamon	1 – 2 sticks	In sticks (example link) or powder for sangria Alt.: powder (sangria), vanilla extract
Cayenne powder	1 tsp	Ground (example link) Alt.: Chili powder different from cayenne
Spanish paprika	1 Tbps	Certified Spanish paprika (example link) Alt.: any ground sweet paprika, not flakes
Cumin	1 tsp	Ground (example link) Alt.: use nothing
Salt		Any type

Beverages

Red wine	750 ml bottle	Any inexpensive, preferable tempranillo (example link)
Orange juice	5 fl oz	Fresh made (2 oranges) or ready-made
Soda	5 fl oz	Lemon lime flavor, like 7up or sprite, preferable sugar-free Alt.: sparkling water, club soda, ginger ale
Red vermouht	3 fl oz	Spanish or Italian (example link) Alt.: sherry, port, brandy, any sweet liquor
Brandy	1 Tbsp	Alt.: cognac, aged rum, bourbon...

Equipment List

Any kitchen is suitable to cook these recipes. Find below the equipment needed, and their alternatives.

Pan & Pots

Skillet	1	10" to fry potatoes Alt.: smaller size
Skillet	1	6" to cook shrimp Alt.: saucepan
Saucepan	1	1-1/2 quart, with lid if possible Alt.: other sizes

Utensils

Knife	1 per person	Any size, ideally 8" (chef knife) Alt.: other sizes
Peeler	1	Alt.: small knife
Cutting board	1 per person	Alt.: use nothing
Scale	1	Alt.: measuring cup
Measuring cup	1	Size 1-2 cups Alt.: scale
Measuring spoons	1 set	Alt.: cutlery spoons
Mixing bowl	2	Different sizes: one of 1-1/2 quart
Whisk	1	Alt.: fork, silicon spatula
Jar	1	To store the salmorejo (example link)
Strainer	1	To get rid of cinnamon from milk Alt.: chino, small colander
Kitchen torch	1	To burn dessert's sugar crust Alt.: an old spoon heated over stove flame
Blender	1	Kitchen blender Alt.: immersion hand blender, food processor

Tableware

Pitcher	1	1-1/2 qt, For sangria Alt.: small punch bowl
Nice platters	2	To plate the shrimp and "patatas bravas"
Ramekins	4	8 oz for "crema catalana" and "salmorejo" Alt.: small serving bowls

Technical Guide

Kitchen set-up

Some guidelines to setup the scene to help the chef to monitor your work:

- Make your kitchen as illuminated as possible.
- Place your device where the chef can see what you are working on with enough detail.
- Avoid being backlit or in the shadow.
- Be ready to hold your device so you can shoot the stove, chopping board or plates when requested.

Setting Up Zoom Application

Before the class:

- Install Zoom in your device. Download it here:

<https://zoom.us/download>

Choose Zoom Client for Meetings for PC or Mac

Choose Zoom Mobile Apps for smartphones or tablets

- Sign-up if you don't have an account.

First time you launch the application on a computer, you should test your speaker and microphone:

- Launch the application and click on "New meeting".
- Select "Test Speaker and Microphone" and follow the instructions. Once done, exit the application.
- Get familiar with the most common options: mute, select view...

To join the class

We recommend you join the meeting 5 minutes the class starts:

- Click on the Join Meeting Link you will received from us.
- To join the class with your microphone active, click on "Join Audio" (computers), or tap tap "Call using Internet Audio" (mobile or tablet).
- You may be asked to wait if it is too early.

During the class

- You can change the video¹ you want to see at any time.
- Gallery View: you see a mosaic with all participant videos.
- Speaker View: only one video on full screen, rest in thumbnails on a side.
- Pin view: tap on the screen to keep the video regardless who is speaking.
- Full Screen (PC, Mac): click on it to gain all your screen size.
- Plus / Minus (iPad, tablets), tap on thumbnail corners to display the list of participant thumbnails.

¹ Video = video feed = participants' or host's camera view

Paella Mixta (Mixed Paella)

Ingredients (2 servings):

6 ounces bomba rice
2 chicken thighs, roughly chopped
2 tablespoons olive oil
1 clove garlic, finely chopped
3 ounces green bell pepper, diced
3 ounces red bell pepper, diced
6 ounces squid, roughly chopped
1 large tomato
1 teaspoon sweet paprika
2 cups fish stock
Pinch saffron (less t1/8 teaspoon),
ground
1/2 teaspoon salt (to taste)
6 shrimp (about 16/20 size)

Notes:

Instructions:

Heat oil in 12-inch paella pan or stainless-steel skillet on medium high. Brown the chicken for 3 minutes.

Move the chicken to the side of the pan. Lower the heat to low-medium and add the garlic. Once garlic browns, add the peppers, mix, and sauté for about 5 minutes, until they are soft, stirring occasionally and adding oil if it gets dry.

Turn the heat to medium high and add the squid. Keep simmering until the calamari turns whiter and dryer. Once the calamari are dry, add paprika and grated tomato. Mix and simmer until the mixture gets dry again.

Add the rice and mix everything well.
Remove the pan from heat.

In a small pot, heat stock on medium.
Add salt to make a salty broth. Add
saffron and simmer 1-2 minutes. Turn
up the heat to high and bring it to a
boil. Meanwhile, heat up the paella pan
to medium high.

Add the boiling stock to the pan and
use a spoon to spread the rice and
other stuff evenly. Stir occasionally.
Simmer for 12 minutes.

After the paella simmers for 12
minutes, don't stir anymore. Turn the
heat to low-medium, add the prawns,
and simmer for 8 minutes.

Remove from the heat, cover with a
clean lightly wet cloth, and let paella
rest for 10 minutes.

Ali-oli (Garlic Mayonnaise)

Ingredients (4 servings):

1

Instructions:

Notes: