

# Class Handbook

## Spanish Selection

Thank you for having chosen our cooking class to know more about 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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(Rev. 24-nov.-20)

# Piquillo Peppers Stuffed with Veggies



## Ingredients (2 (4) servings):

### For the filling:

- 8 (16) Pieces piquillo peppers
- 8 (16) Ounces zucchini, diced
- 2 (4) Ounces leek, finely chopped
- 2 (4) Ounces green onion, chopped
- 2 (4) Ounces carrot, chopped
- 1/2(1) Garlic cloves, minced
- 1 (2) Cup milk
- 3 (5) Tablespoon extra-virgin oil
- 1 (2) Tablespoon all-purpose flour

### For the sauce:

- 4 (8) Pieces piquillo peppers
- 1 (2) Ounces dry white wine
- 3 (6) Ounces vegetable-stock
- 2 (4) Tablespoon tomato sauce
- 1 Pinch cayenne powder

## Instructions:

Chop finely leek, green onions, carrot, and garlic. Keep trimmings. Dice zucchini in 1/2-inch cubes.

In a saucepan, sauté trimmings with 1 Tbsp oil and salt. Add 1 cup water and keep it simmering until we need this light stock later.

In a frying pan with 2 (3) Tablespoons oil, sauté chopped veggies except zucchini. Wait until they are soft, then add the zucchini.

Put peppers sprinkled with oil in an oven tray, and place in oven at 150°C (300°F).

**Notes:**

In a saucepan, make a bechamel with 1 (2) Tablespoons oil, flour, and milk. Add it to the vegetables to get a solid filling. Season to taste.

Stuff peppers with the mix. Leave broken ones for the sauce. Put them in the oven at 180°C (350°F) while you prepare the sauce.

**Sauce:**

Chop remaining peppers and broken ones. Add to a saucepan with the tomato sauce and wine. Reduce wine and add the light stock you made with the veg trimmings. Reduce if needed. Season with cayenne powder and salt to taste. It should be subtly spicy, not hot.

Place the peppers in a serving plater and cover with the sauce.

# Andalusian Eggplant with Salmorejo



## Ingredients (2 (4) servings):

### For Salmorejo:

- 2 (4) Roma tomatoes, diced
- 2 (4) Ounces wheat bread center
- 1/3(1/2)Garlic clove, minced
- 3 (6) Tablespoons extra-virgin oil
- 1/4(1/2)Teaspoon salt

### For the eggplants:

- 1/2 (1) Eggplant, stripped
- 1 (2) Cup milk
- 1 Cup water
- 1/4 Cup all-purpose flour
- 2 Cups regular olive oil

## Notes:

## Instructions:

Peel and chop eggplant in thin strips. Cover with milk, water, and 1 Tbps salt. Add some ice cubes and chill in the refrigerator for 30 minutes.

In a blender, add torn bread, tomatoes, and garlic. Blend on high speed until smooth. Strain the liquid through a fine mesh strainer.

Blend again, pouring in the oil in a steady stream to emulsify. Salt to taste.

Drain and dry the eggplants with kitchen paper and flour them. Fry at 180°C (350°F) until crisp. Dry on kitchen paper and serve immediately.

## 2 Grocery List

For 2 servings. Include alternatives for dietary requirements<sup>1</sup>.

### ***Fruit & Veggies***

Tomatoes	2 pcs	Roma type if possible, better ripe <b>Alternative:</b> tomato puree
Zucchini	1 pc	<b>Alt.:</b> mushrooms if you like them better
Eggplant	1 pc	<b>Alt.:</b> pumpkin
Leek	1 pc	<b>Alt.:</b> spring onion, shallot, red onion
Green onions	1 bnch	<b>Alt.:</b> shallot, red onion
Carrot	1 pc	<b>Alt.:</b> pumpkin
Garlic	2 pcs	Fresh cloves <b>Alt.:</b> jarred, frozen, minced

### ***Misc. groceries***

Milk	2 cups	Whole if possible <b>Alt.:</b> any non-dairy milk (almond, rice, soy...)
Piquillo peppers	2 jars, 14 oz (drain)	Jarred or canned, whole not stripped, preferably from Spain ( <a href="#">example</a> ). Usually, 8 pieces per 7-oz (drained) jar. <b>Alt.:</b> piquillo peppers from other countries
Wheat bread	2 oz	Better if it is with closed crumb <b>Alt.:</b> any other bread
Flour	1/2 cup	All-purpose flour <b>Alt.:</b> corn starch
Extra virgin olive oil	2 fl oz	A nice Spanish extra virgin olive oil ( <a href="#">example</a> ) <b>Alt.:</b> Italian, Greek, Californian...
Regular olive oil	2 cups	<b>Alt.:</b> any other frying oil
White wine	1 Tbsp	Inexpensive dry white wine <b>Alt.:</b> not a dry one
Cayenne powder	1 tsp	Ground ( <a href="#">example</a> ) <b>Alt.:</b> Chili powder different from cayenne, paprika
Salt		Any type

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<sup>1</sup> Acronyms: pc, pcs: piece/s; oz: ounce/s; fl oz: fluid ounces; Tbsp: tablespoon; tsp: teaspoon

## 3. Equipment List

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

### **Pan & Pots**

Skillet	2	8-10" for deep-frying and sauteing stuffing <b>Alt.:</b> other sizes
Saucepan	2	1.5 quart, to boil milk, stock or deep-fry <b>Alt.:</b> other sizes

### **Utensils**

Knife	1 per person	Any size, ideally 8" (chef knife)
Peeler	1	<b>Alt.:</b> small knife, use nothing
Cutting board	1 per person	<b>Alt.:</b> use nothing
Measuring cups	1	<b>Alt.:</b> scale
Measuring spoons	1 set	<b>Alt.:</b> cutlery spoons
Mixing bowl	2	Approx. 1.5 quart (8 inches) <b>Alt.:</b> serving bowl, tupperware
Strainer	1	To strain salmorejo <b>Alt.:</b> chino, small colander
Ladle	1	Small size to help strain salmorejo <b>Alt.:</b> a spoon
Jar	1	To store the salmorejo ( <a href="#">example link</a> )
Spider or skimmer	1	To pick deep-fried eggplant out of oil <b>Alt.:</b> a fork

### **Equipment**

Blender	1	Kitchen blender <b>Alt.:</b> immersion hand blender, food processor
Oven tray	1	Small, to heat the peppers <b>Alt.:</b> a platter

### **Miscellaneous**

Kitchen paper

## 4. Technical Guide

### ***Kitchen set-up***

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

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

### ***Setting Up Zoom Application***

Before the class:

- Install Zoom in your device. Download it here:

<https://zoom.us/download>

- 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 before 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 on "Call using Internet Audio" (mobile or tablet).
- You may be asked to wait if it is too early.

## ***During the class***

Have this at hand as a quick guide:

- You can change the video<sup>2</sup> you want to see at any time.
- Choose Gallery View: to see a mosaic with all participant videos.
- Choose Speaker View: to see only one video on full screen, rest in thumbnails on a side.
- To Pin view, tap on the screen to keep the video regardless who is speaking. On PC, find option at the ellipsis button (...) at the upper right corner of the view.
- Full Screen (PC, Mac): click on it to gain all your screen size.
- Plus / Minus (iPad, tablets), tap on thumbnail corners to display all participant thumbnails.

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<sup>2</sup> Video = video feed = participants' or host's camera view