



THE BEST OF

Italy, Spain & Portugal

RECIPE SELECTIONS FROM *THE KITCHEN TABLE*



ITALY, SPAIN & PORTUGAL

From the sun-soaked vineyards of Italy to the rich olive groves of Spain and lush valleys of Portugal's Douro River, cuisine from this part of the world is as diverse as the countries themselves. Italy's world-famous offerings include Naples's delicious pizza and Venice's exquisite risotto. Spain is home to popular Andalusian ham and classic Valencian paella. Portugal is known for the succulent seafood of its coastal cities of Porto and Lisbon. We hope you enjoy making these dishes and bringing bits of the world's kitchen tables home to yours.



This delicious clam pasta was originally considered peasant food, and has become an Italian classic. This is my favorite spaghetti dish, and so simple to make you can't get it wrong – if you can boil spaghetti you can make it “*alle vongole*”. Use fresh or frozen clams, just don't forget the white wine!

SPAGHETTI ALLE VONGOLE

Serves 4

1 lb (450g) fresh clams
2 tbsp olive oil
1 clove garlic
1 tsp red chilli, finely chopped
2 fl oz (60ml) white wine
1 tsp salt
Pinch pepper
1 lb (450g) dried spaghetti

TO GARNISH:

Fresh parsley

1 Bring a large pot of salted water to the boil. Add the spaghetti and cook according to the pack instructions, stirring occasionally, until just al dente.

2 To a cold saucepan, add the olive oil, garlic and chilli. Heat gently until the garlic is just golden. Add the clams and pour in the wine. Season with salt and pepper. Cover and cook over a medium heat for 3 to 4 minutes, shaking the pan occasionally.

3 Drain the pasta and transfer to a large bowl. Add the clams, including all the pan juices, and toss well. Discard any clams that are still closed. Serve immediately, garnishing with fresh parsley.







Contessa Passi taught me how to cook this dish in her beautiful Palazzo Tiepolo on the Grand Canal in Venice. Literally 'rice and peas', this classic Italian dish is much easier and less time consuming to make than a risotto. If you can't find fresh peas, use good quality frozen ones instead.

RISI E BISI

Serves 4

2 $\frac{3}{4}$ pints (1.3 litres) vegetable stock
 2 lb (900g) fresh peas
 2 oz (60g) butter
 1 onion, finely chopped
 1 $\frac{3}{4}$ oz (50g) pancetta
 12 $\frac{1}{2}$ oz (355g) risotto rice
 1 $\frac{3}{4}$ oz (50g) Parmesan cheese
 2 tbsp fresh parsley, chopped

1 Heat the vegetable stock in a large saucepan. Rinse the peas really well under running water, then add to the pot. Simmer for 2 to 3 minutes until the peas are just tender.

2 Remove half of the peas with a slotted spoon and reserve. Blend the rest of the peas into the vegetable stock with a hand blender until smooth.

3 Melt the butter in a large saucepan and add the onion. Cook gently on a low heat until translucent, then add the pancetta. Cook for about 5 minutes, then add the rice, stirring to make sure everything is coated in the butter.

4 Add the vegetable stock/pea mixture and bring to the boil. Turn down to a simmer and leave to cook for about 20 minutes, stirring occasionally, until the rice is just cooked. Stir in the reserved peas and the Parmesan and season to taste. Garnish with the parsley before serving.



The very basic Pizza Margherita, named for the Queen Consort Margherita of Savoy, is my favorite of all pizzas. And also a great base for any further toppings. Extra delicious when baked in a brick pizza oven as we did in Tuscany, and as we do on board our ships, but regular ovens are just fine. Some even choose to make pizzas in a skillet!

PIZZA MARGHERITA

Serves 4

FOR THE PIZZA BASES:

- 1 x ¼ oz (7g) sachet dried yeast
- 2 tsp salt
- 11 fl oz (325ml) lukewarm water
- 1 lb 1 oz (500g) strong white bread flour
- Drizzle olive oil

FOR THE TOMATO SAUCE:

- Drizzle olive oil
- 2 cloves garlic, peeled and crushed
- 14 oz (400g) tomato passata
- Salt and pepper
- Fresh basil leaves, chopped

SUGGESTED TOPPINGS

(FOR 1 PIZZA):

- Mozzarella, torn into small chunks
- Parmesan, shaved or grated
- Black pepper
- Fresh basil leaves, torn
- Drizzle extra virgin olive oil

1 Add the yeast and salt to the water and stir until dissolved. Pour this, along with the flour and oil, in to the bowl of a food processor and mix using a dough hook – first at the highest speed for 5 minutes and then at a medium speed for 8 minutes, until the dough is smooth.

2 Divide the dough into 4 roughly equal portions, pat into balls, place in a lightly oiled bowl, cover with plastic wrap and leave for about 45 minutes until the dough has doubled in size.

3 On a floured surface, roll out each dough ball until the dough is about a ¼ inch (0.5cm) thick. Stack between oiled layers of aluminum foil, cover in plastic wrap and chill for 30 minutes.

4 To make the sauce, add the olive oil to a saucepan and gently cook the garlic over a medium heat until it just begins to color. Add the passata, stir and simmer for 5 minutes. Season with salt and pepper to taste, stir in the fresh basil leaves, then take off the heat and set aside.

5 To assemble your pizza, transfer one pizza base to a lightly oiled baking sheet ready for topping. Using a tablespoon or small ladle, spread a layer of sauce on to the pizza base, making sure the sauce reaches the edge of the dough.

6 For the classic Margherita, place the mozzarella chunks evenly over the base. Scatter over the Parmesan, add a pinch of pepper and the basil leaves and finally drizzle a modest amount of extra virgin olive oil over the whole pizza. Bake for 7 to 10 minutes at 500°F (250°C) until golden and serve.





Said to originate from the northern Italian town of Treviso, this classic Venetian ‘pick me up’ is best left to sit for a few hours before serving to allow all the flavors to develop.

TIRAMISU (CONTAINS RAW EGGS)

Serves 4 – 6

3 eggs
2 ½ oz (70g) superfine (caster) sugar
8.8 oz (250g) mascarpone
1 pack Italian sponge fingers (savoardi)
2 tbsp Marsala wine
4 fl oz (120ml) espresso
2 tbsp cocoa
Dark chocolate, to garnish

1 Separate the eggs, then whisk the whites until they form stiff peaks and set aside. Add the sugar to the egg yolks, then whisk until light and frothy, and add the mascarpone, little by little, whisking constantly, until completely smooth.

2 Gently fold the whipped egg whites into the egg yolk and mascarpone mixture.

3 In a shallow dish, add the Marsala wine to the espresso and stir. Dip the sponge fingers into the liquid just until they start to darken, but don't leave them to get soaked through.

4 To assemble, place a layer of sponge fingers into the bottom of a serving dish, then spoon over about a third of the mascarpone mixture. Sift over a layer of cocoa. Repeat with another layer of sponge fingers and mascarpone. Finish with a dusting of cocoa.

5 Cover and refrigerate for a few hours. Before serving, garnish with shards of dark chocolate.

LOCAL SPECIALITY: THE BELLINI

Invented by Giuseppe Cipriani, founder of the celebrated Harry's Bar in Venice, Italy, the Bellini was originally a seasonal speciality, but quickly became a year-round favorite drink on both sides of the Atlantic.

10 cl (2 parts) Prosecco
5 cl (1 part) fresh peach purée

Pour peach purée into a chilled Champagne flute and then slowly add Prosecco. Stir gently and serve straight up, without ice.



Paella recipes vary hugely, but this Catalan-style paella contains monkfish, which holds together well during the cooking process, as well as tender squid, and peas, which add sweetness. Spanish paella is always made in a paellera, a large, flat pan with two handles. Native paella eaters all know: the best bit is the crusty bit at the bottom, and is known as the “socarrat”, as I learned at my favorite tapas place in Barcelona, just off Las Ramblas.

PAELLA CATALUNYA

Serves 4

- 1 pinch saffron threads
- 2 pints (950ml) fish stock
- 2 tbsp olive oil
- 7 oz (200g) monkfish, cut into bite-size pieces
- 2 cloves garlic, crushed
- 1 large Spanish onion, chopped
- 1 tsp paprika
- 2 red bell peppers, chopped and deseeded
- 9 oz (250g) paella rice
- 4 large fresh tomatoes, deseeded and chopped
- 5 oz (140g) frozen peas
- 1 lb (450g) squid, cleaned and sliced
- 9 oz (250g) mussels, scrubbed, beards removed
- 1 tsp salt
- 1 tsp pepper

TO GARNISH:

- 4 tbsp fresh parsley, chopped

1 Place the saffron threads into a large, wide, heavy-based pan over a medium heat and stir constantly until they just begin to give off their aroma. Add the stock and bring to the boil. Transfer to a saucepan, cover and set aside to infuse.

2 Return the pan to the heat and add one tablespoon of oil. Add the monkfish pieces and quickly fry on all sides until lightly browned. Remove the fish and set aside.

3 Add another tablespoon of oil to the pan. Add the garlic, onion and paprika and cook over a moderate heat for two minutes, stirring occasionally. Stir in the red peppers and continue cooking until all the vegetables are soft but not brown.

4 Add the rice and stir well, ensuring all the grains are well coated. Bring the saffron-infused stock to simmering point and add half of it to the rice. Stir, and then bring to the boil. Lower the heat and simmer for five minutes or until almost all the liquid is absorbed.

5 Add the remaining stock, then stir in the tomatoes, peas and reserved monkfish pieces. Add the squid and simmer for five minutes. Arrange the mussels around the dish, pushing them into the rice. Simmer for a further 15 minutes or until the rice is tender and all the liquid has been absorbed. Season with salt and pepper to taste. Remove the pan from the heat, cover with foil and leave to stand for five minutes. Discard any mussels that have not opened. Garnish generously with parsley before serving.



These rich meatballs, served in a spicy tomato sauce, often feature on traditional Spanish tapas menus. For a main course, serve with crisp patatas fritas.

ALBÓNDIGAS CON TOMATE

Serves 4

9 oz (250g) minced beef
9 oz (250g) minced pork
1 Spanish onion, chopped
2 cloves garlic, crushed
3 tbsp breadcrumbs
2 tbsp Cheddar cheese, grated
2 tsp smoked sweet paprika
1 tbsp fresh oregano leaves
1 egg
Salt and pepper

FOR THE SAUCE:

2 tbsp olive oil
1 Spanish onion, chopped
2 cloves garlic, crushed
1 red chilli, deseeded and finely chopped
1 tbsp fresh basil, chopped
6 large tomatoes, chopped
1 tbsp balsamic vinegar
Salt and pepper
2 tbsp fresh parsley, chopped

FOR THE GARLIC CROUTONS:

1 small baguette
2 oz (55g) butter
2 cloves garlic, crushed
1 tbsp fresh parsley, chopped

1 Preheat the oven to 350°F (175°C). To make the meatballs, combine the beef, pork, onion, garlic, breadcrumbs, Cheddar cheese, paprika and oregano in a bowl together with the egg. Season generously.

2 With wet hands, shape the mixture into meatballs, weighing around 1 $\frac{3}{4}$ oz (50g) each. Refrigerate for half an hour.

3 Meanwhile, make the garlic croutons. Melt the butter in a saucepan and add the crushed garlic and chopped parsley. Cut the bread into cubes and toss the cubes in the butter mixture. Spread out on a baking tray and bake for around 20 minutes or until crisp and golden. Keep warm until needed.

4 Next, heat the oil in a large frying pan and cook the meatballs in batches, turning frequently, until they have browned all over. Transfer to a baking tray and place in the oven for 10 minutes.

5 To make the sauce, add the onion to the pan and cook until just soft and translucent. Add the garlic, chilli and basil and cook for 30 seconds, then add the chopped tomatoes and balsamic vinegar. Bring to the boil and season well with salt and plenty of black pepper.

6 Remove the meatballs from the oven and add them to the tomato sauce. Cover and simmer for 10 minutes. Serve with the garlic croutons.

LOCAL SPECIALITY: SHERRY

Made from white grapes that are grown near the town of Jerez, in southern Spain, sherry is a fortified wine; its name is an Anglicization of the town's name. Under Spanish law, all wine labeled as sherry must

legally come from the Sherry Triangle, an area between Jerez, Sanlúcar and El Puerto. Sherries can be drunk any time of the day but are typically enjoyed as an aperitif or after dinner.



Often eaten for breakfast, these delicious treats should be covered in sugar and cinnamon as soon as they come out of the hot oil. Smooth hazelnut paste makes the chocolate sauce extra special.

CHURROS

Serves 4

8 fl oz (235ml) milk
2 oz (55g) butter
4 tbsp sugar
Pinch salt
9 oz (250g) all-purpose
(plain) flour
3 eggs
Vegetable oil for deep frying

FOR THE CINNAMON SUGAR:

2 ½ oz (70g) granulated sugar
2 tsp ground cinnamon

FOR THE CHOCOLATE SAUCE:

8 ½ fl oz (250ml) whipping
cream
9 oz (250g) dark chocolate,
chopped
2 tbsp hazelnut (praline) paste

1 Place the milk, butter, sugar and salt in a saucepan and bring to a simmer.

2 Add the flour to the pan and mix well to combine, cooking gently and stirring until the mixture forms a soft dough. Take the pan off the heat and beat in the eggs.

3 Heat the oil in a deep fat fryer (or deep saucepan) to 375°F (190°C). Test the temperature with a small amount of dough.

4 Spoon the mixture into a piping bag with a star-shaped nozzle and pipe the mixture carefully into the hot oil, snipping each churro off with a pair of scissors. Fry until golden brown, then drain on paper towels. Toss the churros in the cinnamon sugar while still hot.

5 For the chocolate sauce, heat the cream in a small saucepan and then pour over the chopped chocolate, stirring continuously until the sauce is smooth. Stir in the hazelnut paste and serve immediately with the churros.



Bacalhau is one of Portugal's most famous dishes, and they say there are as many recipes for Bacalhau as there are days in the year. Today they even create alchemy versions of the dish – which is difficult to recreate at home, without a Michelin chef like Rui Paula to guide you. What all the variants have in common are that they are all made with Norwegian stockfish (dried and salted cod), which has bonded the countries and cultures of Portugal and Norway for centuries.

BACALHAU À BRÁS

Serves 4

1 lb (450g) dried salted cod
1 lb (450g) waxy potatoes
Olive oil
1 large white onion, halved,
then thinly sliced
2 bay leaves
4 cloves garlic, crushed
2 tbsp fresh parsley, chopped
4 large eggs
1 oz (30g) black olives, pitted

TO GARNISH:

Dash of Tabasco
Lemon wedges

1 Cover the cod in cold water and allow to soak for approximately 48 hours, changing the water frequently.

2 Place the cod in a large pot and cover with water again. Boil for about 15 minutes, then drain. Allow to cool, then flake and set aside.

3 Peel the potatoes and cut into matchsticks. Add 1 to 2 tablespoons of olive oil to a non-stick pan and fry the potatoes in batches. Keep the cooked matchsticks warm in a low oven.

4 Add a further tablespoon of olive oil to the pan and add the bay leaves. Cook for 2 to 3 minutes, then add the garlic and onions to the pan. Sauté until translucent. Discard the bay leaves, then add in the parsley and the flaked cod.

5 Mix the eggs with a fork, then add to the pan. Keep stirring until the eggs are scrambled. Combine the fries with the cod mixture, then stir in the olives. Season to taste and finish with a dash of Tabasco. Garnish with lemon wedges.





Often served for special occasions, this creamy baked custard dessert, topped with a layer of caramel, can be cooked in individual tarts or in one large flan. This recipe is so simple I learnt to cook it from Francesco in Porto without understanding a word of what he was saying!

CARAMEL FLAN

Serves 8 – 10

FOR THE CARAMEL:

3 ½ oz (100g) sugar
2 tbsp water

FOR THE CUSTARD:

5 oz (140g) sugar
6 eggs
1 tsp vanilla extract
1 pint (475ml) whipping
cream
10 fl oz (300ml) milk

1 Preheat the oven to 300°F (150°C). Place the sugar and water in a saucepan over a medium heat. Cook without stirring, swirling the pan occasionally, until the caramel turns a deep golden brown.

2 Lightly oil individual metal molds or one baking tin, then carefully pour in the caramel, allowing it to run right to the edges. Take care as the liquid will be extremely hot.

3 Make the custard by whisking the eggs and sugar together in a bowl until light and frothy. Meanwhile, heat the cream and milk together in a saucepan over a low heat until steaming hot, but not boiling. Drizzle a little into the custard, whisking continuously, then slowly add the rest of the milk, whisking all the time.

4 Place the metal molds or baking tin into a large roasting pan. Strain the custard into a jug, then gently pour over the caramel. Place the roasting pan in the oven, then carefully add boiling water around the molds or tin until it reaches halfway up the sides. Bake for about an hour or until just set.

5 Allow to rest until the dessert reaches room temperature, then carefully turn out onto a serving plate.

Found all around Portugal, these delicious little custard tarts are traditionally served dusted with sugar and cinnamon. It's impossible to eat just one.

PASTÉIS DE NATA

Makes roughly 12

8 ½ fl oz (250ml) milk
1 lemon, zest only
1 cinnamon stick
3 ½ oz (100g) superfine
(caster) sugar
2 tbsp all purpose (plain) flour
2 ½ fl oz (75ml) water
3 large eggs, yolks only
11 ¼ oz (320g) all-butter puff
pastry

1 Preheat the oven to 475°F (245°C). Gently heat the milk with 2 to 3 strips of lemon zest and the cinnamon stick to a simmer, then remove the lemon and cinnamon.

2 Mix the flour with a little of the milk to a smooth paste, then stir in the rest of the milk. Return to the heat, whisking constantly for a few minutes until thick.

3 Place the sugar and water in a saucepan, stirring until the sugar has dissolved. Bring to a boil and allow to boil for 3 minutes, then whisk into the milk mixture.

4 Place the egg yolks in a bowl and slowly add the milk mixture, whisking constantly. Transfer to a jug and allow to cool slightly.

5 Lightly butter all the holes in a 12-hole muffin tin. Roll the pastry out into a rough rectangle, then roll each rectangle up from the bottom to the top. Cut each roll into 12 discs. Place one disc flat into the base of each muffin hole, then, with wet thumbs, gently press out until the pastry comes about half way up each hole.

6 Pour the custard into the pastry cases, then bake for about 15 minutes, until set and caramelized. Sprinkle with sugar and cinnamon, then serve while still warm.





From kitchens around the world, join Karine Hagen on her journeys as she explores dishes that represent some of our world's most interesting destinations. From our kitchen tables to yours, we invite you to broaden your culinary horizon and cultural insights, and learn how simple and fun it is to recreate foreign flavors at home.

