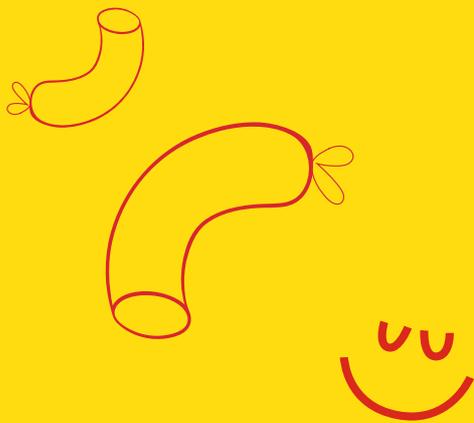


it's
Chorizo,
it's **FUN!**



European Chorizo

Recipe book
from Spain! 



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Chorizo



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Chorizo is a key part of Spain's culinary tradition and an ingredient that has won over the whole of Europe with its unique flavour. It is made using a traditional, careful method and selected ingredients that give it its intense, authentic character. That's why any dish with chorizo is always a good choice.

This recipe book shows you how to use Spanish chorizo in dishes that range from classic to more creative ideas, bringing a touch of Spain to your table. It's a versatile ingredient, full of personality and perfect for enjoying and sharing on any occasion.





Chorizo-stuffed squid



by Helen Graves

This jolly chorizo-stuffed squid recipe from Helen Graves is the perfect dish for summer. The squid can be cooked on the barbecue, or in a pan if the weather is not looking too promising. Using quality chorizo sarta approved by The Spanish Chorizo Consortium will provide the best flavour for this dish.

 Main  Easy  4  40 minutes

ingredients

Chorizo-stuffed squid

- 4 medium squid, cleaned
- 100g of white rice, cooked and cooled with cold water
- 100g of chorizo sarta, finely diced
- 1 small onion, finely chopped
- 4 garlic cloves, finely chopped or crushed
- 1 lemon, zested
- 1 handful of parsley, finely chopped, plus extra to garnish
- olive oil

preparation

- 1.** Heat a frying pan and add the chorizo, letting it fry gently. Once the fat begins to melt out, add the onion and cook for a few minutes, stirring occasionally. Add the garlic and cook for a minute more
- 2.** Mix with the rice, lemon juice and parsley and mix well. Taste the mixture and add a little salt if you want to
- 3.** Stuff the mixture into the squid, taking care not to over-stuff as they will shrink a little when you cook them. Seal the open ends with cocktail sticks and score the flesh with a very sharp knife on each side – this will help the heat penetrate and allow the squid to cook evenly
- 4.** Rub with a little oil and grill on the barbecue or in a griddle pan for a couple of minutes on each side. Serve whole or sliced with a sharply dressed salad





Chorizo flatbreads

with pink pickled onions and feta yoghurt

by Helen Graves

This stunning chorizo flatbread recipe is served with quick-pickled onions and drizzled with a heavenly yoghurt and feta dressing before serving – a triumphant dish that’s perfect for a summer gathering. Make sure you use quality raw chorizo ristra that has been approved by The Spanish Chorizo Consortium for this dish.



 Main  Easy  8  45 minutes, plus proving time

Flatbreads

- 500g of strong white flour
- 10g of salt
- 30ml of olive oil
- 300ml of warm water
- 7g of fast-action dried yeast

Quick-pickled onions

- 1 red onion, sliced
- 4 tbsp of sherry vinegar
- 1 tbsp of caster sugar

Yoghurt and feta dressing

- 100g of Greek-style natural yoghurt
- 100g of feta
- 1 dash of lemon juice
- 1 garlic clove, crushed

Chorizo topping

- 6 chorizo ristra, raw, removed from their casings

To serve

- parsley

1. Mix all the bread ingredients together in a bowl and knead briefly, until smooth. Set aside for an hour or so in a warm place until roughly doubled in size
2. reheat a griddle pan until very hot. Divide the dough into 8 evenly-sized pieces, then stretch out to the size of a pitta bread (it’s easiest to use your hands for this) – pick the dough up and let it ‘hang’ turning it around to stretch it. Cook both sides in the pan until char marks appear – a couple of minutes on each side. Set aside
3. To prepare the onions, add the sugar and vinegar to a small pan and heat gently until dissolved. Remove from the heat, add the onion slices and set aside while you prepare the remaining elements
4. Whip the yoghurt with the crumbled feta and crushed garlic. Add a pinch of salt and a squeeze of lemon juice and set aside in the fridge
5. Press the chorizo meat into the top of the flatbreads, making sure it goes right to the edges, then place under a hot grill for a couple of minutes until the meat is cooked through
6. Dress with the pink pickled onions, dressing and parsley



Salted rice with chorizo and peppermint

A rice full of flavor and freshness in which mint will balance the power of chorizo to have a perfect side.



 Starter/Side  8  35 minutes, plus proving time

ingredients

- 150 g. long-grain rice
- Some slices of chorizo
- Some mint leaves
- 1 garlic
- Salt & pepper
- Extra virgin olive oil

preparation

- 1.** Cook the long-grain rice in boiling water the time indicated in the package.
- 2.** Sauté a finely chopped garlic with the chorizo in a pan with olive oil.
- 3.** Add the strained rice and sauté.
- 4.** Add salt, pepper and chopped mint and serve.





Express bread with eggplant, chorizo & mint

Did you know that you can make bread only with flour and yogurt? This dish will save you more than one dinner and give you ideas for your everyday life in the kitchen.



 Starter  2  30 minutes

ingredients

- 1 natural yogurt
- 7 tblsp. of flour
- 50 gr. of chorizo
- 1 eggplant
- Some leaves of mint
- Salt & pepper
- Extra virgin olive oil

preparation

- 1.** Dice the onion and the chorizo.
- 2.** Stir fry and meanwhile mix the flour with the yogurt, adding a pinch of salt. Knead well.
- 3.** Add a splash of olive oil to the dough and stretch. Brown in a pan. turning until the dough is cooked.
- 4.** Finish with the vegetables mixture, chorizo and mint on top of the bread.



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Chorizo, cheese and spinach gnocchi

If you want an idea of fast food or quick dinner, gnocchi are a great option to eat healthy without giving up your time.



 Main dish  2  20 minutes

ingredients

- A gnocchi package
- 100 gr. of chorizo
- Some cheese cubes
- A splash of white wine
- Some spinach leaves
- Salt and pepper
- Extra virgin olive oil

preparation

- 1.** Sauté the diced chorizo over a high heat.
- 2.** Add the gnocchi and brown.
- 3.** Incorporate a splash of white wine and let the alcohol evaporate.
- 4.** Leave a few minutes until cooked and finish with some fresh spinach. and some cheese cubes.



Chorizo



Chorizo and parmesan risotto

Risotto is a spectacular dish if you want to show off without spending a lot of time. Creamy, syrupy and with a lot of flavor, this is THE DISH.



 Main dish  4  40 minutes

ingredients

- 300 gr. of arboreal rice
- 100 gr. of chorizo
- 1 onion
- 1L of Chicken Broth
- Grated parmesan
- A splash of white wine
- Salt and pepper
- Extra virgin olive oil

preparation

- 1.** Chop the onion and chorizo and sauté. Meanwhile, heat the broth in a saucepan.
- 2.** Add the rice and leave for a minute.
- 3.** Add the white wine and let the alcohol evaporate.
- 4.** Pour the hot broth little by little and stir until the rice is done.
- 5.** Add the grated parmesan and some slices of chorizo.





Chorizo paté

The chorizo paté is an easy and quick recipe that will help you to have a fantastic starter in less than 5 minutes. Are you in?



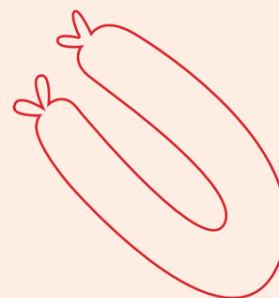
 Starter  4  5 minutes

ingredients

- 250 gr. of chorizo
- 120 gr. de cream cheese
- 1 egg
- Bread toasts

preparation

1. Cook the egg 11 minutes.
2. In a grinder, put the chorizo in pieces, the hard-boiled egg and the cream cheese. Grind well until you have a homogeneous paste.
3. Spread on bread toast and enjoy.





Migas with chorizo and poached egg



Migas are one of the most traditional and delicious delicacies of Spanish cuisine. Add chorizo and a poached egg and make them perfect.



Main dish 4 60 minutes

ingredients

- Half baguette of hard bread
- 3 garlic cloves
- 2 eggs
- 1 green pepper
- 3 tomatoes
- 100g of chorizo
- Salt and pepper

preparation

- 1.** Cut the hard bread into small pieces and wet it with a little water.
- 2.** Sauté the finely chopped chorizo in a frying pan and add the garlic (whole and crushed) and the green pepper in strips. Let it poach.
- 3.** Add the wet bread and let it brown over low heat until dry.
- 5.** Add salt, pepper and the poached egg.



Chorizo

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Chickpeas with chorizo and basil

The chickpea is a perfect base for salads, stir-fries and stews. Add chorizo and a little basil to balance its flavor!



 Main dish  4  20 minutes

ingredients

- 1 chickpea pot
- 1 onion
- 1 garlic
- 100gr of chorizo
- Some basil leaves
- Extra virgin olive oil
- Salt and pepper

preparation

- 1.** Finely chop the onion, garlic and chorizo.
- 2.** Fry the finely chopped chorizo in a pan and add the vegetables. Let it poach.
- 3.** Add the chickpeas and sauté.
- 4.** Finish with the chopped basil and a little pinch of salt and pepper.



 FROM SPAIN,
WITH SPICE





Chorizo lasagna

Lasagna is a world-famous dish. There are many versions but not all of them work as well as this lasagna with chorizo and mozzarella.



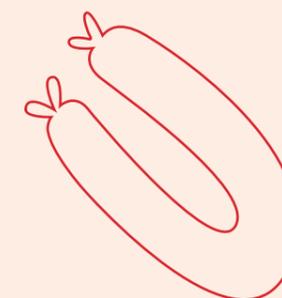
 Main dish  4  50 minutes

ingredients

- Lasagna sheets
- 1 onion and 1 garlic
- 100 gr. chorizo
- 200 g. of minced meat
- 1 pepper
- Crushed natural tomato
- Fresh nutmeg
- 1 tbsp. of butter
- 1 tbsp. of flour
- 250 ml of milk
- 150 gr of mozzarella
- Salt, pepper and oregano

preparation

- 1.** Finely chop onion, garlic, pepper and sausage and fry in a pan.
- 2.** Add the minced meat, sauté well and add the tomato, let sauté and salt and pepper.
- 3.** Make the béchamel toasting flour and butter in a pan. Once toasted, add the milk in 3 times, let it thicken and finish with nutmeg, salt and pepper.
- 4.** Assemble the lasagna with tomato base, lasagna sheet, tomato, oregano and lasagna sheet repeating until finishing with grated mozzarella and bechamel.
- 5.** Bake at 180oC until it is gratinated.



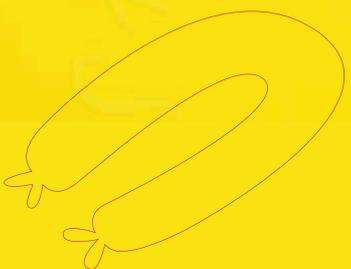
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European Chorizo: taste and quality, endless possibilities.



FROM SPAIN,
WITH SPICE



For guidance on balanced and healthy diets, please refer to the National Food Dietary Guidelines: https://knowledge4policy.ec.europa.eu/health-promotion-knowledge-gateway/food-based-dietary-guidelines-europe-source-documents-food_en
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