



Recipe Ideas



Special Vinaigrette

Ingredients

1 - small shallot finely diced

1 tsp Dijon mustard

1 tsp mayonnaise

6 tbsp virgin extra olive oil

1 tbsp sherry vinegar

Salt & pepper (to taste)

Options: a dash of celery salt or cayenne pepper.

Preparation

Put all the ingredients in a small screw top glass jar, shake vigorously.

Best made a few hours or a day ahead for the flavors to meld.

That's it. Will keep in the fridge for weeks.

Bean Salad & Vinaigrette

Pulses (legumes) are an important part of the diet here in Spain. Whether home cooked or from can/jar, beans, chickpeas, lentils, etc. are an excellent source of protein, fiber, minerals and more. This recipe, like others here is designed to be a starting point, open for creative "adjustments".

There's an excellent supply of canned legumes in our local shops. The quality is excellent and they're inexpensive. In this case, I used a 400 g (16 oz) jar of white beans from a local supermarket.

Ingredients

1 - 16 oz jar (or tin) of white beans (rinsed & drained)

1 - medium sized tomato (peeled & diced)

1 - small green onion (white & green parts, thinly sliced)

4 - medium sized olives (sliced)

1 - hard boiled egg (chopped)

6/8 tablespoons special vinaigrette (to taste)

Options: 1 tablespoon red/green pepper, pickle (diced), or capers; small tin of tuna; diced hot cherry or chile peppers.

Preparation

Put the beans & veg in a large bowl, pour on the vinaigrette (shaken, not stirred).

Mix thoroughly, but gently to avoid crushing the beans.

Best made an hour or so before serving to get the flavors blended.

Garnish possibilities: crispy bacon, sliced hard boiled egg, olives, pickles, sun dried tomatoes, cherry tomatoes (quartered)...



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