



♥ **DETAILS**

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**AROUND THE WORLD
WITH **

Lola's Spanish Paella & Tapas

Catalan Bread

♥ INGREDIENTS

- Toasted or fresh bread with a thick crust (ciabatta or rustic bread)
- Ripe tomatoes
- Extra virgin olive oil
- Salt

♥ METHOD

- 1 Rub the slice of bread with the tomato, which has been cut in half. Drizzle a little bit of olive oil and then put a pinch of salt. Serve with Spanish tortilla, Spanish prosciutto, chorizo or anchovies on top!

Fish broth

♥ INGREDIENTS

- 1kg white fish spines
- 1 medium carrot
- 1 medium leek
- 1 stick of celery
- 1 onion
- 1 bay leaf
- Thyme, to taste
- Ground pepper, to taste
- Parsley
- 6 tbs oil

♥ METHOD

In a big pot, heat the oil. Add the spines and all the fish and seal them in hot oil. Once sealed, take them out and set them aside. In the same oil, fry the vegetables until golden brown and caramelized. Re-add the spines and fish, bay leaf, thyme, ground pepper and parsley and pour water over the top. Cook, simmering for about 40 minutes. While cooking, remove the white skin that will form on the surface as it will give the stock a bad taste. Once cooked, drain the mixture and pass it through a fine sieve or muslin cloth. Once cooled, put the stock into different jars or bags to freeze easily.





Crema Catalana

♥ DATE: 15 SEPTEMBER 2018

♥ INGREDIENTS

- 200g Sugar
- 6 egg yolks
- 30g cornstarch
- 1 cinnamon stick
- zest of 1 lemon and 1 orange
- 1L fresh whole milk

♥ METHOD

1 Pour in the milk into a large pot and simmer together with the zest of the orange and lemon, and the cinnamon stick. Take pot off the heat and let set.

In a big bowl, crack the eggs and separate the whites from the yolks, use only the yolks. Add in the cornstarch and dissolve it. Pour in the sugar and beat, until you have a thick, smooth mixture.

2 Take out the cinnamon and the zest and heat it again. When nearly boiling, take off the heat and pour the milk into the egg bowl and stir, to mix all together. Pour back into the pot and cook it on medium heat, stirring constantly.

3 Cook until thickened then remove the pot from heat and serve in little plates. Let chill and refrigerate. Just Before serving, sprinkle sugar on top and caramelize it with a chef torch! And Listo!

Spanish tortilla

♥ DATE: 15 SEPTEMBER 2018

♥ INGREDIENTS

- 6 - 7 medium potatoes, peeled
- 2 whole yellow onions
- 4 garlic cloves
- 5 - 6 large eggs
- salt and cumin, to taste
- 2 - 3 cups of olive oil for pan frying

♥ METHOD

1 Peel the potatoes and cut them in half lengthwise. Then, with the flat side of the cutting surface, cut again half lengthwise. Join the two halves and slice the potato finely. Make sure to separate the pieces that stick together. It is not necessary to slice the potatoes paper thin, and it is best not to use a food processor because most will slice the potatoes too thin. If you slice them a bit thick, don't worry, it will simply just take a bit longer for them to cook.

2 Peel and chop the onion into halves and slice them finely (julienne cut). Peel and slice the garlic too. Poach the potatoes into preheated olive oil (medium heat), until they are soft and a bit golden. If the oil is too hot, the potatoes will brown rapidly on the outside, but still be raw inside. You'll know if they are done if you can poke a piece of potato with a spatula and it easily breaks in two. When they start to get soft, add the garlic slices in to poach too. Then drain the oil.

3 In a large pan, caramelize the onion in around 1 tbsp of olive oil. Break the eggs in a separate bowl and whisk them. Add salt, cumin, potatoes and onions and mix with a wooden spoon or spatula. Take a round, non-stick pan, coat it with olive oil and heat on medium-high heat. Stir in a portion of the tortilla mixture and spread out evenly. Allow the egg to cook, and when you see the edges and bottom have set, place a large plate over the pan and flip omelette into the pan. Slide the omelette back into the pan and cook the other side. Let it cook for a further 3-4 minutes and slide onto a serving plate.

Croquetas

♥ DATE: 15 SEPTEMBER 2018

♥ INGREDIENTS

- 80g butter
- 5 tbsp white plain flour
- 2L milk
- 1 roast chicken, shredded
- Nutmeg
- Salt
- 500g breadcrumbs
- 9 eggs
- 2L olive oil

♥ METHOD

- 1** In a clean, dry pan, melt the butter over medium heat. Meanwhile in a medium saucepan, bring the milk to a simmer. Reduce the heat, cover the pan, and keep it hot. Add the flour to the melted butter and stir constantly until the flour is cooked. Once the flour is cooked, begin to pour the hot milk in slowly, until the mixture is creamy. Add in the salt and the nutmeg.
- 2** When the bechamel looks smooth, add in the shredded roast chicken and continue cooking until the bechamel boils. Remove from the heat and taste it, adjust seasoning if necessary. Pour the bechamel into a tray and allow to cool for 15 minutes. After, cover with plastic wrap and then refrigerate for at least 3 hours or overnight.
- 3** Once refrigerated, take the tray out of the fridge. Break the eggs into a bowl and thoroughly whisk. Place the breadcrumbs in a separate plate. With a spoon, divide the bechamel into small balls or whatever shape you prefer. Dip the croquetas into the egg mixture then roll into the breadcrumbs until completely covered.
- 4** Pour enough olive oil into a medium small pan, making sure the oil will cover the balls. Heat the olive oil until it's very hot. Place 3-4 croquetas at a time into the frying pan for one minute (until golden). If the oil is not hot enough or there's too many in the pan the balls will break inside. Transfer to a paper towel to drain the oil. Serve hot.

Lolas Paella

♥ DATE: 15 SEPTEMBER 2018

♥ INGREDIENTS

- 2 - 3 tbsp olive oil
- 1 or 2 raw prawns per person
- 2 small onions, finely diced
- 1/2 red capsicum
- 1 green pepper, finely diced
- 4 to 6 saffron threads or saffron powder
- 2 garlic cloves, finely chopped
- 3 large tomatoes grated without peel
- 1 squid per person, sliced about 1cm
- 1 or 2 mussels per person
- 1 chicken breast, shredded
- 4 cups/1L of fish broth/stock
- 1.5 cups uncooked arborio rice

♥ METHOD

- 1** Start heating the fish broth/stock in a separate pot as it needs to be hot when added to the rice.
- 2** Heat the oil in the Paella pan or in a large pan, on high heat. Cook the seafood and the chicken for just a minute or two on each side; this will perfume the oil. Remove the meat and seafood and set aside in a bowl. Turn the heat down to medium heat and add the onion and cook until well caramelized. Next, put in the green and red peppers and let them caramelize with the onions for a few minutes. Once they are browned, add the garlic.
- 3** Make space in the center of the pan and fry the saffron threads. Add the grated tomatoes and let them cook for a while, until no liquid from the tomatoes remains in the pan. Make space in the center again and add the rice, coating it with some oil. Let it crisp and when you have all the rice coated and browning, mix together with the remaining ingredients.
- 4** Pour in the fish broth and reduce heat to low, stirring occasionally. Continue cooking for about 12 minutes, or until the liquid is nearly absorbed by the rice, but you still have some remaining. Add the seafood and the chicken, making a circle around the paella, and cook it for 5 minutes more (mussels generally open after about 3 minutes). Don't be afraid of crust, it's the best!