



Recipes for all tastes

with canned fish and seafood

Index

*Click on each variety
to discover recipes*



Nutrition information



tuna



yellowfin tuna



longfin tuna



*sarine and
little sardine*



mussels



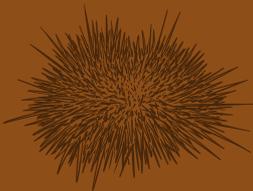
cockles



mackerel



octopus



sea urching



navajas



anchovies



queen scallops



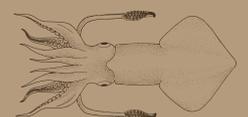
almejas



jurel y aguja



squid



baby squid



nutrition information

PRODUCT	CALORIES	PROTEINS	LÍPIDS	CARBOHIDRATES
Anchovies in Olive Oil	135 kcal	19,5 g	6,1 g	0,6 g
Tuna in Olive Oil	286 kcal	25,2 g	20,1 g	0 g
Cockles in Brine	74 kcal	10,7 g	0,5 g	7,7 g
White Tuna in Olive Oil	285 kcal	24,0 g	21,0 g	0 g
Mackerel in Olive Oil	283 kcal	27,4 g	14,3 g	0 g
Squids in Olive Oil	184 kcal	21,7 g	9,4 g	1,4 g
Baby Squid in Brine	88 kcal	17,0 g	2,0 g	0,5 g
Horse Mackerel in Olive Oil	285 kcal	21,0 g	21,0 g	0 g
Mussels in Pickled Sauce	207 kcal	15,2 g	14,1 g	4,7 g
Octopus in Olive Oil	174 kcal	24,5 g	15,1 g	6,0 g
Sardine in Olive Oil	210 kcal	24,3 g	13,0 g	0 g





tuna

Tuna and courgette snack

INGREDIENTS (2 people)

1 can of tuna in olive oil · courgette · onion · red pepper · grated cheese · reduction of balsamic vinegar

PREPARATION

Carefully and briefly place the courgette on the grill, remove and place the tuna on top, covered with raw onion and red pepper, finely chopped. Finally, sprinkle everything with grated cheese and decorate with a reduction of balsamic vinegar.



tuna

Provençal style tuna

INGREDIENTS (2 people)

250 g of tuna in olive oil · 250 g of onion · 2 tablespoons of oil · 1 glass of white wine · 1 glass of broth or water · 1 tablespoon of flour · 1 garlic clove · salt · pepper · 1 bay leaf · paprika · breadcrumbs

PREPARATION

Chop the onion very thin and brown it in a pan with the two tablespoons of olive oil. Add the previously crushed garlic and the bay. Sprinkle with flour and stir well avoiding lumps. Add the wine, the broth, the salt and pepper. Cook over low heat, stirring, without letting it thicken.

In a baking dish put the tuna in pieces and pour the oil from the can over it. Pour the sauce over the tuna.

Sprinkle abundantly with breadcrumbs. Leave in the oven for approximately 10 minutes.



tuna

Mirotón style tuna

INGREDIENTS (2 people)

1 medium can of natural tuna · ½ kg of tomatoes · olive oil · green and black olives · 1 onion · 1 small can of tomato concentrate · 2 garlic cloves · bay · salt · white pepper

PREPARATION

Brown the onion and garlic previously chopped in a pan. Peel the tomatoes, chop and fry them with the other ingredients. Cook for half an hour over a low heat. Add the pitted olives and the tomato concentrate.

A quarter of an hour before serving, put the natural tuna in the pot and cook over very low heat. Serve together with boiled rice sautéed with oil.



yellowfin tuna

Ham roll filled with yellowfin tuna and applesauce

INGREDIENTS (2 people)

1 can of yellowfin tuna in olive oil · ham · applesauce

PREPARATION

Put a teaspoon of applesauce on a slice of ham. Spread it, add the shredded yellowfin tuna and roll it carefully. Next, cut the roll and each piece is sewn with a toothpick



Tuna cannelloni

INGREDIENTS (2 people)

1 can of yellowfin tuna in olive oil · leeks · fresh cheese · mayonnaise · spring onion · parsley

PREPARATION

Blanch some leeks cut into 5 cm, and carefully remove the slices. Fill them with a mixture made with yellowfin tuna, fresh cheese, mayonnaise, spring onions and parsley.

Decorate the cannelloni with slices of yellowfin tuna and fried leek strands.



yellowfin tuna

Pasta salad with yellowfin tuna

INGREDIENTS (2 people)

2 cans of yellowfin tuna in olive oil · 2 garlic cloves · 2 tomatoes · 400 g of farfalle type pasta · 1 green pepper · 1 red pepper · black olives · basil · oregano · salt · pepper

.....

PREPARATION

Blanch the tomatoes in boiling water and let them cool. Then, peel them and cut them in half, salt them slightly so they lose water. Cut them into segments. Wash, dry and cut the peppers in elongated strips. Grind the garlic together with the basil, reserving some whole leaves. Boil the pasta in plenty of salt water until it is al dente. Drain and put it in a salad bowl.

Add the tomatoes, the olives, the peppers, the yellowfin tuna with all its sauce and shredded, the mixture of garlic and chopped basil. Season with salt and pepper, sprinkle with oil and with oregano.

Mix everything carefully and decorate with the reserved basil leaves.



yellowfin tuna

White tuna belly with spring onions and romesco

INGREDIENTS (2 people)

1 can of White tuna belly in olive oil · 4 small and tender spring onions · lemon thyme · chive · romesco sauce

PREPARATION

Firstly, roast the spring onions wrapped in aluminium foil with sea salt and oil, leave for 10 minutes in a pan over medium heat or in an oven in a dish with a little water at 150°C. After that time check its tenderness. Place on a dish with a long shape a base made with the romesco sauce, the onion on top and the tuna slices accompanying the spring onions.

Finish with some lemon thyme leaves, chopped chives and the oil from the can itself.

Note: the romesco sauce is basically a sauce made with tomato, almond, paprika, bread, oil and vinegar.



yellowfin tuna

Crunchy tuna and guacamole toasted bread

INGREDIENTS (2 people)

100 g of canned tuna · 200 g of guacamole · 4 Mexican tortillas · tomato · onion · coriander · lime · white pepper

PREPARATION

This is one of the simplest canned tuna recipes to prepare.

To make the guacamole you must buy some ripe avocados, so as not to fail, choose those with the darkest skin. Peel them in half, remove the seed and the skin. Put the avocado flesh on a plate and mash it with a fork. Cut the onion and tomatoes into very small cubes, add them and stir a little. Add the salt, the white pepper and a dash of lime, so you avoid oxidation.

On an omelette, put the guacamole on the bottom, and the tuna and the coriander on top.



yellowfin tuna

Yellowfin tuna belly timbale

INGREDIENTS (2 people)

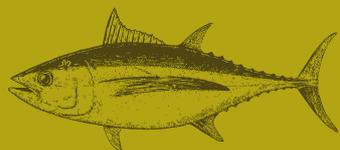
1 can of yellowfin tuna belly in olive oil · 2 potatoes · 1 egg · 1 avocado · 6 dried tomatoes · spring onion · 1 tangerine / for the vinaigrette: black olives · roasted red pepper · spring onion · virgin olive oil · red wine vinegar.

PREPARATION

For the vinaigrette, finely chop 8 black pitted olives, half roasted pepper and half spring onion. Top with olive oil and red wine vinegar. Set aside.

Cook two potatoes and an egg. Once ready, dice them together with the pulp of an avocado, a third of the canned tuna belly, the dried tomatoes and half spring onion. Mix well and water with the juice of a tangerine.

To assemble the plate, form a circle with the vegetables with the help of a cooking ring, arranging the rest of the yellowfin tuna belly slices on top, without draining them too much. Accompany the timbale with the vinaigrette that has been previously prepared.



longfin tuna

Longfin tuna with scrambled eggs and spinach

INGREDIENTS (2 people)

1 big can of longfin tuna in olive oil · 3 eggs · 1 spinach bundle · 2 garlic cloves · 65 ml of milk cream · virgin olive oil · 5 pepper berries · salt

PREPARATION

Wash and dry the fresh spinach well (they can also be frozen), cutting them into medium pieces.

In a pan with two tablespoons of olive oil, sauté the spinach together with the filleted garlic. When it is golden brown, lower the heat to minimum intensity and add the 3 eggs without beating and a small glass of milk cream. Stir constantly with a wooden spoon until a creamy texture is obtained, without allowing the egg to curdle.

Add the content of the can of longfin tuna previously drained, and continue stirring two minutes. Add a pinch of salt and pepper and 5 pepper berries before removing from the heat.



longfin tuna

Piquillo peppers filled with longfin tuna

INGREDIENTS (2 people)

1 medium can of longfin tuna in olive oil · 1 can of anchovies in olive oil · 2 piquillo peppers per person · 1 medium onion · 2 garlic cloves · 1 tablespoon of tomato concentrate · 1 tablespoon of pepper flesh · ½ glass of milk · 1 or 2 tablespoons of flour · ½ glass of fish broth (it can be used in cubes) · olive oil · salt

PREPARATION

Cook the peppers. Once cooked put them on a plate and set aside. Fry the garlic and finely chopped onion in a pan; when golden, add the flour continuously stirring to avoid roasting.

Add the hot broth and milk, little by little, constantly stirring until a thick béchamel sauce is obtained. When it starts to boil, let it cook for 3 to 5 minutes.

In a separate bowl, reserve some béchamel sauce to prepare the pepper sauce. Add the shredded longfin tuna and the anchovies cut into pieces. Fill the peppers with this mixture.

Add a few tablespoons of fish broth and a piquillo pepper to the reserved béchamel sauce. Mix in the blender until obtaining a sauce not too thick. Place almost all the sauce in the bottom of a plate, place the peppers on top of it and sprinkle it over with the remaining sauce.



little sardine

Little sardines on peppermint, cinnamon and alboronía toasted bread

INGREDIENTS (2 people)

· 1 can of Little sardines in olive oil · Yeastless bread for the toasted bread · 50 gr of pumpking · 50 gr of courgette · 50 gr of spring onion · 30 gr of red pepper · Olive oil · Ground cinnamon · Peppermint · Cumin

PREPARATION

Cut all the vegetables into small dice and sauté with oil in a pan, first the spring onion, then the pepper, the courgette and finally the pumpkin, let everything cook softly and when it starts being soft, add the salt and some oil. Remove from the heat and let it cool. Once the alboronía is mild, cover part of the toasted bread with it, carefully place the sardines on top of the vegetables and sprinkle them with cinnamon, cumin and chopped peppermint.

Note: the alboronía may be replaced with a base of pie with onion, pepper and tomato.



little sardine

Little sardines with creamy carrot rice

INGREDIENTS (2 people)

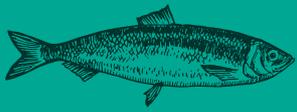
1 can of Little sardines in olive oil · short grain rice · liquefied carrot juice · chicken or vegetable broth · frozen peas · 4 tender garlands (garlic sprouts) · olive oil · rice vinegar · saffron

PREPARATION

Heat a glass of carrot juice and a glass of broth, keeping it hot. Wash the rice, drain and set aside.

Finely chop the tender garlands. Sauté in a pan with a few drops of olive oil and pour a few drops of rice vinegar.

Add 170 g of rice, the carrot juice and the broth, previously warmed, to the same pan. After half of the cooking time of the rice (about 10 minutes), add 70 g of frozen peas, some strands of saffron and a pinch of salt. Finish cooking until it adopts a creamy consistency, remove to a tray and place the little sardines in olive oil on top of the rice, mixing carefully.



sardinilla

Broken potato with little sardines

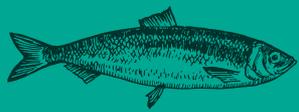
INGREDIENTS (2 people)

1 can of little sardines in olive oil · 4 potatoes · chive · 1 spring onion · paprika · 10 green olives · vinegar · olive oil

PREPARATION

Boil the potatoes with the skin; once cooked, peel and mash them with the help of a fork. Mix the potatoes with 3 or 4 little sardines and emulsify with the oil from the can and a little more olive oil. Add spring onion and chopped chives, green olives, vinegar and paprika.

To serve, make quenelles with mixture and place a little sardine on top.



sardine

Rovico Sardines

INGREDIENTS (2 people)

2 big cans of sardines in olive oil · 4 medium boiled potatoes · tomato sauce · 1 boiled egg · roasted green peppers

PREPARATION

Cut the potatoes into slices and put them on a dish. Put the sardines on top of them. Cover with the tomato sauce, sprinkle with the chopped hard-boiled egg and the roasted pepper cut into strips.



sardine

Sardines with tomato vinaigrette and black olive oil

INGREDIENTS (2 people)

1 can of sardines in olive oil · 1 ripe tomato · 1 can of black olives · olive oil · salt · pepper · sherry vinegar

PREPARATION

Drain the sardines and remove the loins. For the vinaigrette, peel the tomato and remove the pulp, chop it into small cubes, add virgin olive oil, a pinch of salt, pepper and a few drops of sherry vinegar.

For the black olive oil, crush the olives with olive oil until you get a paste, not very dense. Place the loins on a dish with the vinaigrette and black olive oil on both sides.



sardine

Sardines with Gnocchi and Tetilla cheese

INGREDIENTS (2 people)

1 can of sardines in olive oil · 200 g of gnocchi · 6 wild asparagus · 1 garlic clove · whole milk · liquid cream · 120 g of Tetilla cheese · 60 g of cream cheese · butter · 1 egg

PREPARATION

To prepare the tetilla sauce, heat 125 ml of milk with 75 ml of liquid cream; until reaching 80°C. Then add the tetilla cheese and cream cheese. Reduce the fire to a very mild intensity. Season it and let it cool. Add the yolk of an egg and stir, and keep in a water bath.

Cook the gnocchi according to the manufacturer's instructions and set aside.

Sauté the wild asparagus and garlic cut into thin slices with a tablespoon of butter. When they are ready, add the gnocchi and cover with the tetilla sauce. Finally add the sardines in olive oil slightly drained and serve.



sardine

Toasted bread with marinated sardines and lime and ginger

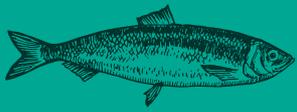
INGREDIENTS (2 people)

4 medium sardines · 2 artichokes · 1 ripe tomato · 2 limes · olive oil · apple vinegar · parsley · ginger (to taste) · spice salt · white pepper · 1 pastry sheet

PREPARATION

Clean the sardines of viscera and scales, open them and we remove the fillets discarding the central spine. With the help of a metal ring, place them on its bottom, cutting what is left over so that there is a round shape like the ring. Set them aside. On the other hand, clean the artichokes, and only the heart is to be used, sauté them with oil and salt and cut them into very small pieces. Peel the tomatoes and cut them also in the same way. Peel the ginger and do the same. Chop the parsley. Place everything chopped in a bowl and add the juice of the two limes, salt, pepper and a little apple vinegar, cover with olive oil and soak the sardines, let it cool in the refrigerator for 12 h.

For the toasted pastry. Place the pastry between two baking papers, and spread it with the help of a rolling pin, bake it for 14 minutes at 180° C until golden brown, remove it from the oven, and with the help of the ring again, cut it to the same measure. Take the sardines, once marinated, and separate them from the chopped ingredients, place them on top of the pastry to cover it all, drain the chopped ingredients reserving the juice, and make a bouquet with the chopped ingredients in the centre, on top of the sardines, and sprinkle over with a little juice, decorate with slices of lime.



sardine

Chickpeas salad with sardines and marinated onion dressing

INGREDIENTS (4 people)

1 red onion · 4 eggs · 400 g of chickpeas · oak leaf lettuce · 1 can of sardines in oil · 2 tablespoons of capers · arugula leaves · 2 teaspoons of sweet paprika (or harissa, or a mixture of both) · 3 tablespoons of lemon juice · 4 tablespoon of oil · salt · sesame · olives (to taste)

PREPARATION

Mix the lemon juice, the paprika and salt to taste in a bowl. Mix well, add the oil and onion cut into strips. Let it marinate for at least half an hour.

Boil the eggs for six minutes, and let them cool so they do not continue cooking. Drain the sardines from the oil and, if the chickpeas are from a jar, wash them a little so they are not sticky.

Assemble the salad with the lettuce, the arugula and the chickpeas mixed at the base, and place the broken sardines on top as well as the eggs opened in half, carefully so that the yolk does not spread.

Dress with the onion and its vinaigrette, the capers, the olives and a little sesame.



mussels

Pickled mussels with fried kale

INGREDIENTS (2 people)

- 1 can of mussels in pickled sauce · 8 leaves of a small and tender kale · 2 egg whites · Flour · 1/2 lemon
 - Smoked paprika · Proportion of oil
-

PREPARATION

Beat the egg whites with a few drops of lemon and other drops of water until you can lift them, mix the flour with the paprika in a ratio of 5 to 1. Then heat a pan with soft olive oil, while heating, put the kale in the white egg first and then put them in the flour. Fry in hot oil so that they remain crispy and place them on the plate with the mussels so that the leaves alternate with the mussels both on the plate and when being tasted.

The kale leaves may be replaced by fresh spinach



mussels

Pickled mussels with potato chips

INGREDIENTS (2 people)

· 1 can of mussels in pickled sauce · potato chips · fresh cheese · mayonnaise

PREPARATION

Put the well-drained mussels on a base of potato chips. Cover it with a cream made with mayonnaise, fresh cheese and the pickled juice.

Finally, cover the mussel with another potato chip.



mussels

Bloody Mary with mussel shot

INGREDIENTS (2 people)

1 can of natural mussels · tomato juice · vodka · salt · black pepper · tabasco

PREPARATION

Prepare a Bloody Mary in the classic style by mixing in a separate bowl, with a shaker, the tomato juice, a splash of vodka, a pinch of salt, another pinch of pepper and a few drops of tabasco. In a tall shot glass, place the natural mussel (once its juice has been well drained) in a small skewer of wood, and finally cover it almost completely with the Bloody Mary.



mussels

Rice with mussels

INGREDIENTS (2 people)

2 medium cans of mussels in pickled sauce · 100 g of rice per person · peas · onion · tomatoes · parsley · salt · pepper

PREPARATION

Sauté sufficient onion finely chopped in a casserole s. Once it is brown, add the tomato, the chopped parsley and the peas. Season it with spices, pepper and salt. Add 100 g of rice per person, sauté a little so it browns and add 300 g of water per 100 g of rice, that is to say, triple amount. 5 minutes before finishing the cooking add the pickled mussels. This rice has to be a bit soggy.



mussels

Instant mussel stew

INGREDIENTS (2 people)

2 cans of mussels in pickled sauce · 1 jar of boiled pinto beans · tomato sauce · sweet red pepper pulp · tender baby beans · cider · 1 garlic clove · olive oil · fresh dill · salt

PREPARATION

In a saucepan, sauté 65 g of baby green beans and a finely chopped garlic clove with 3 tablespoons of olive oil.

Add a glass of tomato sauce, 2 tablespoons of sweet red pepper pulp and a dash of cider (about 100 ml).

Wash the beans from the jar, drain them and add them to the casserole with the other ingredients, together with the content of the cans of mussels in pickled sauce (including all their juice). Add a taste of salt. Keep the stew in the fire over a low heat for about 4 minutes and sprinkle at the end with very finely chopped dill.



mussels

Lasagna of mussels in pickled sauce

INGREDIENTS (2 people)

Lasagna sheets · 1 can of tuna · 1 can of mussels in pickled sauce · 1 onion · tomato sauce · 1 can of mushrooms · béchamel sauce

PREPARATION

Put the lasagna sheets into water taking care they don't stick together. Fry the onion and the rolled mushrooms. Meanwhile, put the tuna in a bowl and the pickled mussels previously chopped and drained. Add mixture to the fried ingredients.

So that it acquires consistency, add 3 tablespoons of tomato sauce (or to the taste) and 2 of béchamel sauce to the fried ingredients. Do not let it stick. Then assemble the lasagna and put in the oven for 30 minutes at 200°C. Grate the cheese on top and let it grill for 5 more minutes.

Remove from the oven, serve and it's ready!



cockles

Cockles Cocktail

INGREDIENTS (2 people)

1 can of natural cockles · 1 egg · Paprika · 1/2 lemon · Pepper · Gin · 4 piparra chillies · Pepper · Ice · Salt

PREPARATION

Open the can without throwing its juice and organise the cockles in four skewers using chopsticks or small skewers. Place three or four ice cubes in a shaker, pour the juice of the can, add the juice of half a lemon, pepper to taste, a little bit of gin and the egg white and a pinch of salt.

Place the cockle skewers in a cocktail glass, shake the cocktail shaker and finish distributing its content in the glasses, decorate with a piparra in each glass and serve.

Cockles may easily be replaced with clams.



cockles

Lime cockles

INGREDIENTS (2 people)

1 can of natural cockles · 4 limes · arbequina extra virgin olive oil · coriander · jalapeño juice

PREPARATION

Put the cockles in a bowl with some juice, and add a tablespoon of arbequina oil, and leave it marinate for ten minutes. Then add about four or five leaves of chopped coriander in the bowl of the cockles and mix.

Cut the tip of the limes and then each lime in half, to be placed on a tray as the base, serving the cockles spread over the eight halves of lime, to finish with a few drops of jalapeño juice or some spicy to taste in each lime.

Serve and drink as if it was a shot while squeezing the lime.



cockles

Natural cockles aspic

INGREDIENTS (2 people)

1 can of natural cockles · agar-agar (in specialised shops) · vegetable broth

PREPARATION

Prepare a broth of vegetables and add the water from the cockle can, straining with a very fine sieve; thicken 400 g of this broth over medium heat with 4 g of agar-agar.

Remove from the fire and mix it energetically with the help of a mixer for some time. With this mixture, cover the cockles in a deep bowl and put it in the refrigerator until the gelatine is obtained.

Finally cut with the help of moulds and a lace.



cockles

Fish in cockle sauce

INGREDIENTS (2 people)

1 can of natural cockles · 1 fish fillet (of your choice) · lemon · 2 garlic cloves · 60 ml of Ribeiro wine · virgin olive oil · fresh parsley · frozen Brussel sprout

PREPARATION

Fry the chopped garlic in three tablespoons of virgin olive oil. Pour a small glass of Ribeiro wine and let it reduce over a low heat.

Add the cockles with all the juice of the can and the grated lemon zest. Remove from the heat and set aside.

Grill the fish fillet of your choice, clean and without skin, without cooking it in excess. Once ready, cover with the cockle sauce and the finely chopped parsley. Garnish with a few Brussel sprouts previously defrosted that have previously been sautéed for a few minutes in olive oil.



cockles

Green cockle rice

INGREDIENTS (2 people)

1 can of natural cockles · 100 g of carnaroli rice · 3 chard leaves · olive oil · salt

PREPARATION

Cook the chard in some salt water and then grind together with the cooking water.

In a sauté, sauté the rice in a little oil until it becomes pearly; add the water from the can of the cockles and cook without stopping stirring. When the rice is already al dente, add the water with the liquefied chard.

Finally, add the cockles (cook as little as possible).



cockles

Rice ravioli with cockles, kale and prawns

INGREDIENTS (2 people)

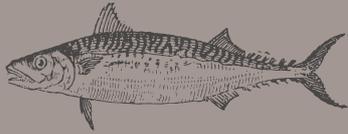
1 can of natural cockles · prawns (4 medium units) · fresh kale (100 g) · spring onion (50 g) · parsley (5 g) · garlic (10 g) · rice dough (24 wafers)

PREPARATION

Cook the prawns in boiling water for 1 minute. Cool in ice water and peel. To prepare the filling, sauté the spring onion, the blanched kale, the prawns and the finely chopped garlic. Remove and add the cockles.

To make the pasta, place a wafer of dough on the table, put a tablespoon of filling on top and again another wafer on the mixture. Cook for 2 minutes and serve the ravioli.

Serve by placing the wafers one on top of the other and decorating with part of the filling and a sprig of fennel.



mackerel

Mackerel mojete with potatoes

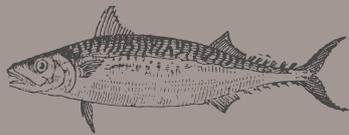
INGREDIENTS (2 people)

1 can of mackerel in olive oil · 4 medium potatoes · 1 spring onion · 8 candied garlies · 4 egg yolks · 2 bay leaves · Saffron · a sprig of Rosemary · parsley · 1 glass of Fino · extra virgin olive oil

PREPARATION

Peel the potatoes and cut finely as if the recipe was to prepare a potato omelette. Fry in a pan with oil and the spring onions cut in julienne. When the potatoes change their colour, add the glass of Fino and some salt, then add the rosemary and bay leaves, leave on a low heat for 5 to 10 minutes depending on the texture of the potato. Then add a few saffron threads, stir and divide into four mortars or bowls, and leave a space in the centre to place the egg yolk, carefully place the mackerel loins and season with the oil from the can.

Accompany in the mortar with a slice of bread and the candied garlic.



mackerel

Mackerel skewer with fresh tomato

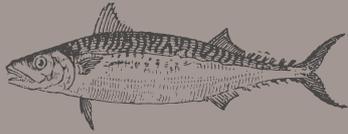
INGREDIENTS (2 people)

1 can of mackerel in oil · ripe tomato · spring onion · black sesame seeds · toasted bread · thyme · rosemary · olive oil · salt

PREPARATION

Firstly, place the finely chopped spring onion on a round toast stained with oil, then a slice of ripe peeled tomato and top with fillets of mackerel.

Finally, water everything with a jet of oil and decorate with sesame and aromatic herbs.



mackerel

Marinera style Mackerel

INGREDIENTS (2 people)

400 g of canned mackerel in olive oil · 1 Kg of potatoes · olive oil · 2 egg yolks · 2 chopped garlicks · bay · salt

PREPARATION

Boil the potatoes and cut them into squares. In a saucepan put the mackerel, the potatoes, the egg yolks, the finely chopped garlic, a bay leaf and sufficient oil. Without putting it directly on the fire, make a rotary movement with the casserole a rotary movement until everything looks like a mayonnaise.



mackerel

Crunchy mackerel salad

INGREDIENTS (2 people)

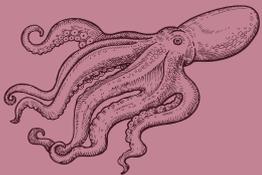
1 can of mackerel in olive oil · 2 mexican corn tortillas · 1 jar of cooked chickpeas · 1 ripe tomato · pickled gherkins · 1 leek · mix of fresh baby leaves · raspberry vinegar · fresh coriander · sunflower oil

PREPARATION

Cut the corn tortillas into regular triangles and fry them in plenty of sunflower oil until crispy. Set aside.

With the help of a fork, mash the chickpeas (previously washed), to which we will add the tomato, coriander and 5 pickles, all finely chopped. Dress with a few drops of raspberry vinegar.

Arrange a layer of the chickpea preparation and cover it with the corn triangles (nachos). Top with mackerel fillets in olive oil. To serve, garnish with the tender baby leaves and the green part of the leek cut in julienne.



octopus

Rioja style octopus

INGREDIENTS (2 people)

1 big can of octopus in olive oil · Olive oil · 1 onion · 1 red bell pepper · 1 glass of white wine · 2 tablespoons of tomato concentrate or 3 tomatoes · salt

PREPARATION

In a saucepan make a sauce with the onion and the red bell pepper finely chopped. Add the octopus. Pour the dry white wine and 2 tablespoons of tomato concentrate, or the sliced tomatoes without skin or pips.

Cook over a low heat and cover the pan. Water can be added if it is too dry. Let it boil for about 10 minutes



octopus

Octopus morsels

INGREDIENTS (2 people)

2 cans of octopus in olive oil · 1 leek · piquillo peppers · 12 almonds · mix of lettuces · olive oil

For the dough: pre-cooked cornflour · 120 ml of whole milk · 35 g of butter · salt

PREPARATION

Heat the milk and butter. After reaching 60°C, add 250 g of pre-cooked cornflour and some salt. Homogenise the mixture until obtaining a lump-free mixture. Make small round cakes, of about 60 grams. Brown them on a griddle with a few drops of olive oil. Set aside.

Cut the leek into slices and 8 piquillo peppers into strips. Sauté briefly over a maximum heat, with two tablespoons of olive oil. Add the content of the octopus cans and place carefully on the corn cakes.

Accompany garnished with a variety of seasoned lettuce, and mixed with a handful of almonds.



squid

Squid with almond sauce

INGREDIENTS (2 people)

2 medium cans of squid in olive oil · 1 onion · 2 tomatoes · parsley · almonds · breadcrumbs

PREPARATION

In a casserole with oil, make a sauce of onion, tomato and parsley. Then add a few tablespoons of water, the chopped almonds and breadcrumbs, and boil for a few minutes.

Place the squid in a dish, pour the hot sauce over them and add triangles of fried bread.



squid

Mushrooms with squid

INGREDIENTS (2 people)

½ kilo of mushrooms · 3 cans of squid in olive oil · 25 grams of butter · 1 tablespoon of flour · ½ litre of broth · white wine · one garlic clove · chilli · parsley · olive oil · salt

PREPARATION

Clean, cut and sauté the mushrooms in a pan with butter and some salt. In an earthenware bowl, fry the chopped garlic and a piece of chilli until golden brown. Add the mushrooms, the flour, some white wine and the broth. Keep at moderate heat until the liquid has been consumed and add the cut squid.

Serve with chopped parsley on top.



Thermomix



squid

Rice with squid in their own ink

INGREDIENTS (6 people)

1 can of squid in their own ink · 70 gr. of onion · 2 garlic cloves · 300 gr. of round grain or bomba rice · 800 gr. of fish broth · 60 gr. of white wine · 1 sprig of fresh parsley and some chopped parsley · a pinch of food colouring · extra virgin olive oil · salt · ground pepper

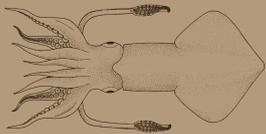
PREPARATION

Place the onion, the garlic, the parsley sprig and the olive oil in the Thermomix glass. Cut for 2 sec / speed 5 and stir 5 min / 120 ° C / speed 1.

Add the squid with their ink and wine. Program 1 min / Varoma / speed 1 without putting the cup, to favour the evaporation of alcohol.

Add the rice, the salt, the pepper and colouring. Programme 2 min / 100 ° C / Slow mix function / speed 1. Pour the broth and programme 13 min / 100 ° C / Slow mix function / speed 1.

Pour the rice into a dish and spread with a spatula, sprinkle with chopped parsley and mix.



baby squid

Croquettes of baby squid in their own ink

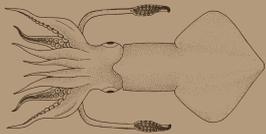
INGREDIENTS (2 people)

2 cans of squid in their own ink · 60 gr. of butter · 75 gr. of flour · 25 gr. of sugar · 1/2 l. of semi-skimmed milk · 1 ink sachet · nutmeg (to taste)

PREPARATION

Melt the butter in a saucepan over a minimum heat. Add the flour and mix well with a kitchen stick. Pour the warm milk over the mixture and stir so that there are no lumps. Continue stirring little by little until it boils and the béchamel sauce thickens. Rectify with nutmeg to taste.

Once the béchamel is ready add the two cans of baby squid cut into pieces with their sauce and ink. Stir and let cool, covering everything with transparent paper. Once the mixture is cold, make balls with the dough; Pass them through flour, egg, breadcrumbs and fry over a high heat.



baby squid

Tied baby squid with potato cream soup

INGREDIENTS (2 people)

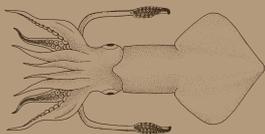
1 can of baby squid in their own ink · squid ink · potato cream soup · bacon · virgin olive oil

PREPARATION

Drain the baby squid and make some individual rolls, squeezing them well inside a strip of bacon. Sauté them briefly over a very high heat and set aside.

For the vinaigrette, mix well the virgin olive oil with a little squid ink and make a light potato puree to accompany it.

Present the tied baby squid with a little cream of potato and some vinaigrette of ink on top.



baby squid

Sautéed vegetables with baby squid

INGREDIENTS (2 people)

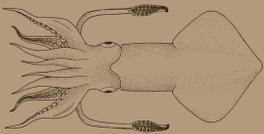
2 cans of baby squid in olive oil · 1 carrot · ½ courgette · ½ green pepper · cherry tomatoes · ginger · corn oil · soy sauce · fresh parsley

PREPARATION

Wash and cut into julienne a carrot, half a courgette and half a green pepper.

In a wok-type pan, sauté the vegetables in 3 tablespoons of corn oil with the fire at maximum intensity, until a texture al dente is obtained. Then add a dash of soy sauce and a little grated ginger.

Add the baby squid in olive oil, 10 cherry tomatoes cut in quarters and the finely chopped fresh parsley. Sauté for a whole minute before serving.



baby squid

Baby squid - potato

INGREDIENTS (4 people)

5 cans of baby squid in their own ink · 400 g of potatoes · bay · 25 g of butter · salt · cornstarch · olive oil

PREPARATION

Boil the potatoes in water with a jet of oil and 1 bay leaf. Peel and crush with the blender adding water to make a cream, pass through the fine sieve and add butter little by little (optionally, put in a siphon with 2 loads, to give more air to the cream).

Put all the content of the squid cans in a saucepan, thicken the sauce with a bit of cornstarch and emulsify its oil. Heat before serving.

In a dish, serve some potato cream, the two squid and napar with the sauce. Garnish with a leaf of parsley.



razorshells

Salad of fashion razorshells

INGREDIENTS (2 people)

• 2 cans of natural razorshells • 1 spring onion • Some coriander leaves • 1 cucumber • 1 can of seaweed, like sea lettuce • 2 limes • 2 tablespoons of coconut milk • 1 green chilli or paprika

PREPARATION

Mix the juice of the razorshells in a bowl with the peeled and rolled cucumber, the julienne spring onion previously washed and the razorshells, add the coconut milk, the juice of the limes, and finish with the seaweed, some leaves of coriander and the green chilli.



Razorshells in pasta nests

INGREDIENTS (2 people)

2 cans of natural razorshells · 1 package of pasta nests · rosemary · garlic salt · extra virgin olive oil · salt · soy sauce

PREPARATION

Cook the pasta with water, oil and salt in a pan; Leave for half the time indicated in the package. Once this time has elapsed and taking care not to dismantle the nest form, move the nests to a plate to place in the upper part of the oven for 6 minutes at 200°C together with some sprigs of rosemary.

Meanwhile, sauté in a non-stick coating pan the razorshells with their juice and a few drops of oil; once hot, remove the nests from the oven, sprinkle the pasta with a little garlic salt and place the razorshells on top. Finish with a splash of extra virgin olive oil and a few drops of soy sauce before serving.



anchovies

Fast anchovy appetiser

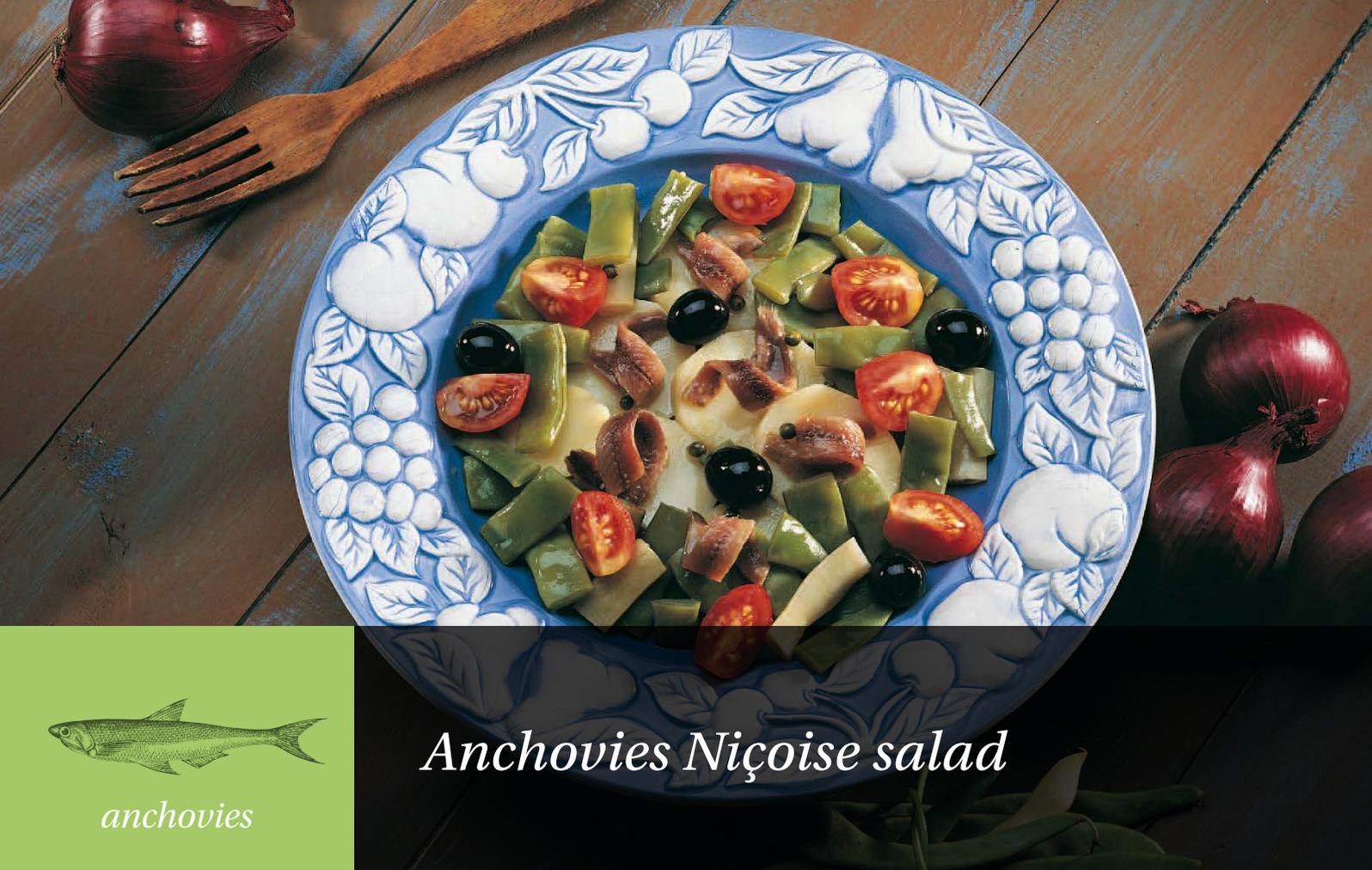
INGREDIENTS (2 people)

Anchovies in olive oil · Little onions with vinegar · Mint · Worcestershire sauce

PREPARATION

Thread the anchovies, onions and mint on long skewers, alternating two onions with an anchovy and a mint leaf. When serving, add some Worcestershire sauce to the skewers.

Appetizer to drink with dry martini or gin or vodka cocktails.



Anchovies Niçoise salad



anchovies

INGREDIENTS (2 people)

1 can of anchovies in olive oil · ¼ Kg of green beans · ¼ Kg of boiled potatoes · 4 tomatoes · 100 g of black olives · 2 tablespoons of capers · vinaigrette · salt

PREPARATION

Boil the beans and potatoes cut into slices and previously peeled. Peel the tomatoes and cut them into four pieces. Place the potatoes and the beans in a salad bowl and the tomatoes around them. Decorate with anchovy fillets, olives and capers.

Dress with the vinaigrette.



anchovies

Anchovies and melon glass

INGREDIENTS (2 people)

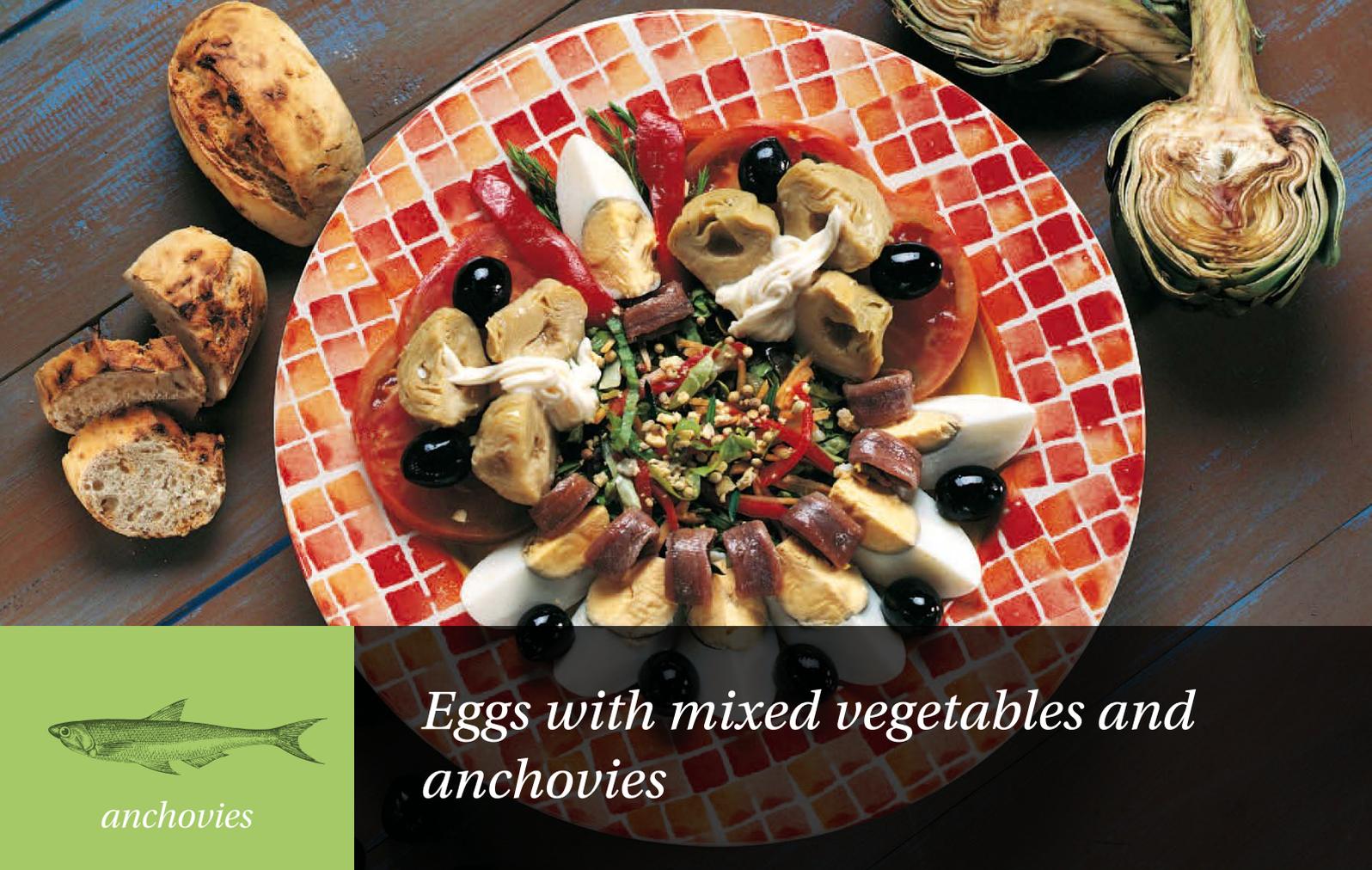
1 can of anchovies in olive oil • 250 g of melon • still mineral water • sunflower oil • 1 vanilla pod • black pepper • salt

PREPARATION

Open the vanilla pod lengthwise and put it into about 100 ml of sunflower oil in a small saucepan. Heat the oil at a very low intensity for about 10 minutes, avoiding it to exceed 80°C. Set aside.

Crush the melon with 100 ml of mineral water, two anchovies, a pinch of pepper and some salt. Strain the mixture and set aside.

Pour the cold melon soup in a low, wide cup, placing the anchovies in olive oil slightly drained in the centre. Serve splashing it all with a few drops of vanilla oil.



Eggs with mixed vegetables and anchovies



anchovies

INGREDIENTS (2 people)

4 boiled eggs · 2 cans of anchovies in olive oil · 4 small tomatoes · 2 canned red peppers · 2 carrots · 1 lettuce · 100 g of black olives · 1 small can of artichokes · 1 cup of mayonnaise · 1 lemon · ½ glass of virgin olive oil · salt

PREPARATION

Place the finely chopped lettuce and the red pepper cut into strips in the centre of a dish. Alternate them with the halved tomatoes and artichokes with a little mayonnaise on top. Put on each tomato half boiled egg, grated carrots and the chopped olives. Finally, put the rolled fillets of anchovies on the plate.

At the time of serving dress with a mixture of virgin olive oil, lemon juice and salt.



queen scallops

Queen scallops in pea cream and crunchy Iberian bacon

INGREDIENTS (2 people)

1 can of queen scallops in King scallop sauce · frozen peas · Iberian bacon · salt

PREPARATION

For the pea cream, carefully crush the raw peas (even frozen) and add some salt. On the other hand, we brown the thin slices of bacon on the grill until it is very crispy.

Serve on a spoon (or on queen scallop shells if we have them) placing a little bit of the pea cream, and the queen scallop on top with a piece of bacon.



queen scallops

Queen scallops with mushroom cream

INGREDIENTS (2 people)

2 cans of queen scallops in King scallop sauce · broth (chicken or vegetable) · 1 200 gr. Of seasonal wild mushrooms (boletus, mushrooms...) · leek · 1 potato · 2 garlic cloves · soy milk · olive oil · salt and pepper

.....

PREPARATION

Wash and cut the mushrooms into regular pieces. Do the same with the leeks, potatoes and two garlic cloves without skin. Sauté the vegetables briefly in a saucepan with the olive oil. Cover with 300 ml. of broth and cook at medium intensity, approximately for 20 minutes, adding half a can of queen scallops towards the end of cooking. Grind and strain the cream and add 60 ml. of soy milk. Add pepper. Place the rest of the queen scallops in king scallop sauce slightly drained on the fine mushroom cream and decorate with a few drops of olive oil.



almejas

Marinera style potatoes with clams

INGREDIENTS (2 people)

1 big can of natural clams · 2 potatoes · ½ spring onion · 100 ml. of olive oil · 100 ml. of dry white wine · aromatic herbs · salt and pepper

PREPARATION

Cut the previously peeled potatoes into slices and half a spring onion into regular rings. Arrange them in a baking tray, water all with a jet of olive oil and dry white wine, and add the aromatic herbs (dill, chives, thyme...). Season and bake at 160° for approximately 30 min. Check the cooking of the potatoes, mashing them with a fork.

Out of the oven, add the broken dry bread and the clams with all their juice. Mix and let it cool for 5 minutes at room temperature before serving



horse mackerel

Marinesca style horse mackerel

INGREDIENTS (2 people)

- 2 big cans of horse mackerel in pickled sauce
 - 2 or 3 garlic cloves
 - tomato
 - parsley
 - 1 bay leaf
 - 2 tablespoons of olive oil
 - 1 tablespoon of flour
 - salt
 - fried breadcrumbs
-

PREPARATION

Put ½ litre of water on the heat with two or three cloves of finely chopped garlic, enough tomato, parsley, a bay leaf, two tablespoons of oil, a teaspoon of flour and salt. Let it boil for a half hour.

Add the horse mackerel and immediately remove from the heat. Serve in a platter garnishing with fried bread crumbs.



needlefish

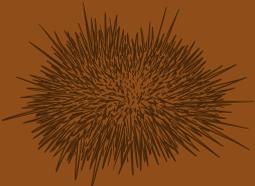
Needlefish with mushrooms and pepper ratatouille filling

INGREDIENTS (2 people)

• 1 can of needlefish in olive oil • brick pasta layers • mushrooms • cream • soy sauce • pepper ratatouille

PREPARATION

Spread the needlefish fillets with a filling made with mushrooms and cream. Roll them with a layer of pasta brick and fry in plenty of oil. Serve with soy sauce and pepper ratatouille.



sea urchin

Urchin ravioli

INGREDIENTS (2 people)

• 1 can of natural sea urchin roes • 1 can of crab • 8 layers of ravioli pasta • 1/2 green apple • Arbequina extra olive oil • Salt flakes • Lime

PREPARATION

Cook the pasta al dente while mixing the urchin meat with the crab (with a little oil). Fill the pasta with the urchins in the shape of ravioli. Place in the bottom of a deep dish with a few drops of Arbequina oil and finish with a little bit of urchin meat and the apple cut into sticks.



6 minutes egg with urchin and wakame

INGREDIENTS (2 people)

· 1 can of urchin roes · dehydrated wakame seaweed · vinegar · 1 egg · olive oil

PREPARATION

Introduce the egg in boiling water with a dash of vinegar, and cook for 5 minutes and 45 seconds. Remove from the water and put in a bowl with cold water to stop the cooking. Peel and set aside.

Pour the roes in a bowl. Work with a mixer creating a paste to which we will add wakame to taste.

Take the egg, add some olive oil, and dip it in the urchin and wakame paste.