

Recipes for Tapas Party!

(1) Tortilla de Patatas / Spanish Omelette (can be served room temperature) *Gluten-free, dairy-free, paleo, Whole30.*

If making multiple tapas, this one is a good option to cook earlier on because it tastes great at room temperature too. You can prep the ingredients well in advance, but cut the potatoes just before or keep them soaking in water overnight to prevent browning.

Ingredients:

1 lb potatoes, waxy low-starch variety works best (i.e. new potatoes, Idaho, Yukon Gold), halved then cut into 1/8" slices

1 medium onion, halved then cut into 1/8" slices

1 tsp kosher salt, more or less to taste

6 eggs, whisked in a large bowl

1/4 cup avocado oil, extra virgin olive oil or other high-heat oil of choice

Method:

Heat oil in a cast iron or non-stick skillet set over medium-high heat. Fry the onions and potatoes for 5 minutes or until the onions are browning. Sprinkle the salt and cover the skillet with a lid and cook for 4-5 minutes or until the potatoes are almost done. Drain off excess oil. Add the onion potato mixture into the bowl with the whisked eggs. Toss gently, cover and let sit for 15 minutes.

Heat the skillet again over high heat. Pour the egg mixture in and cook for a minute, moving the pan and stirring gently with a spatula. Turn down heat to medium for two more minutes. Check to make sure the edges are not sticking. At this point the omelette should be more or less holding together. Now you need to flip it over.

Place a plate (must be larger than the skillet) over the skillet and with one hand firmly pressing the plate into the skillet and the other hand holding the skillet handle, flip the omelette quickly onto the plate. Place the lip of the plate just inside the edge of the skillet and slide the omelette, fried-side now facing up, back into the pan. Cook for 1-2 minutes on medium heat. Press the middle of the omelette gently with fingertips to see if it is cooked to your liking. Ideally it will be slightly runny in the middle so it should

be a little soft and squishy when pressed, keeping in mind the omelette also continues to cook off-heat. Once it is to your liking, slide the omelette onto serving plate and cut into wedges to serve. This can be served room temperature. //

(2) Patatas Bravas / Potatoes with Spicy Tomato Sauce and Garlic Aioli (best served fresh)

Gluten-free, dairy-free, Whole30, vegetarian.

If you are making multiple tapas, you can prepare all the steps for the Patatas Bravas up until the final step of frying the potatoes, which should be done just before serving for best results.

Ingredients:

For the Salsa Brava (this sauce can be made ahead and stored in the fridge):

Duck fat or high heat oil of choice

1/2 white onion, rough chopped

3 cloves garlic, rough chopped

1/2 tsp kosher salt (more or less to taste)

1 tsp smoked paprika

1/8 tsp cayenne powder (more or less to taste)

1 x 227g can tomatoes

For the Patatas Bravas:

3 lbs of potatoes, waxy low-starch variety works best (i.e. new potatoes, Idaho, Yukon Gold), cut into quarters, then each quarter into 3-4 pieces

1/2 C kosher salt for the water used to boil the potatoes

Duck fat or ghee or high heat oil of choice

Garlic aioli (I did [store bought](#) to save time)

Method

Make the salsa first. Heat oil in a saucepan over medium heat and saute the onions with the salt. Cook a minute, add garlic. Continue to cook until onions are translucent but adjust heat to not burn the garlic. Add smoked paprika and cayenne powder and allow them to bloom (cook) for ~30 seconds. Add canned tomatoes, bring to boil and simmer for 10 minutes.

Meanwhile, place potato chunks into a large pot of generously salted water. Bring to a boil and simmer until potatoes are just tender enough to yield to a fork pierced into it...between 8-10 minutes but check to make sure not to overcook them as you need them to retain their shape. Drain well. I like to put the potatoes back into the empty pot set over the off-burner to let the residual heat dry them off. Wet potatoes will splatter when you fry them so you want them thoroughly dry.

The sauce has thickened by now. Allow it to cool slightly, then blend until smooth in a blender or with an immersion blender. Taste and add more salt if needed and blend to mix well. Set aside.

Add a generous amount of oil into a cast iron skillet so that it comes up 1/2" deep in your skillet. Fry the potatoes in batches, about 5 minutes each side or until golden. Drain on paper towel. Serve hot with the salsa and garlic aioli. //

(3) Gambas Al Ajillo / Garlicky Shrimp (best served fresh)

Gluten-free, dairy-free, paleo, Whole30.

You can prep the ingredients well in advance (shell the shrimp, mince the garlic and parsley) and cook the shrimp just before serving. The shrimp only takes a couple of minutes to cook. Definitely dunk the crusty bread in the garlicky oil.

Ingredients:

1 lb (454g) shell-on deveined shrimp, peeled leaving the tail, patted dry

8-10 garlic cloves, finely minced

1/4 cup avocado oil, extra virgin olive oil or other high-heat oil of choice

Handful of fresh parsley leaves, fine chopped

1 tsp kosher salt (more or less to taste)

3-4 small whole red cayenne peppers (more or less to taste)

Method:

Add oil, garlic, parsley, peppers and salt into a cold wide, shallow pan or clay pot and slowly heat up to medium to medium high. Keep a very close eye on the garlic, you want them to be just starting to turn golden (not burn!) and add the shrimp. Cook only 1-2 minutes until shrimp is just cooked through - they will continue to cook in the oil, off-heat. Season with more salt if necessary, to taste. Serve in the oil, along with crusty bread. //

(4) Pulpo Gallego / Grilled Octopus (can be served room temperature)

Gluten-free, dairy-free, paleo, Whole30.

One of my favorites by far, grilling octopus at home is easy especially if you buy frozen, already cooked tentacles. They are already cleaned but after defrosting, you may still need to scrap off some of the purple membrane by running a paring knife over it on a 45 degree angle or rubbing with paper towel can work too.

Ingredients:

300g pack frozen cooked octopus tentacles (about 2 medium tentacles), thawed and cut into 3/4" pieces (longer for the tentacle ends).

2 tbsp avocado oil, extra virgin olive oil or other high-heat oil of choice

To serve: fresh lemon juice, flakey salt, handful of rough-chopped fresh parsley

Method:

Heat a cast iron skillet over medium high heat. Drizzle oil and fry the octopus pieces until it chars, 3-4 minutes per side. Make sure not to overcook or else it will get rubbery. Serve with a big squeeze of lemon juice, flakey salt and parsley. //

(5) Bacon-Wrapped, Manchego-Stuffed Dates (can be served at room temperature)

Gluten-free, with easy dairy-free / paleo / Whole30 substitution

I think you can easily imagine how delicious this combination is...salty crispy bacon, sweet gooey date and a hit of creamy umami from the Manchego. The cheese can be

substituted with vegan cheese for dairy-free or Whole30 (make sure it is compliant cheese).

Ingredients:

8 slices of thin bacon, cut into thirds but making sure it is long enough to wrap around a date with a 1/4" overlap (I use [this one](#) for no-sugar no-nitrites)

24 Medjool dates, sliced once down the length and pitted

A small chunk of Manchego cheese, cut into 24 small enough pieces that can fit into the date cavity

Toothpicks, ideally soaked in some water 5-10 minutes to prevent burning

Method:

Preheat oven to 400f. Line a baking sheet with parchment. Insert a piece of Manchego in the cavity of each date. Wrap a piece of bacon around it with a tiny overlap and stick a toothpick through to hold it in place. I find it easiest if the date is placed with the cut slit facing upward, for the bacon overlap to be on either side of the slit so that the toothpick can be inserted crosswise through everything. Place on prepared baking sheet and continue until all dates are wrapped. Bake in the oven for 5-6 minutes each side, or until the bacon is crispy but still a little bit soft. A little bounce in the bacon makes for a perfect mouthfeel. //

(6) Charred Padron or Shishito Peppers (can be served room temperature)

Gluten-free, dairy-free, paleo, Whole30, vegetarian.

Padrón peppers are the authentic version for tapas but if those are hard to find for you as it is for me, shishito peppers are the perfect sub. Shishitos are basically the Asian cousin to Padróns. Charred slightly with a sprinkle of flakey salt and for me, a squeeze of lemon juice, it has a pleasing bitterness and a nice kick, balanced with saltiness and acidity. This takes no time at all to prepare.

Ingredients:

1/2 lb Shishito peppers, washed and dried

Drizzle of avocado oil or other high heat oil of choice

For serving: squeeze of fresh lemon juice and flakey salt

Method:

Preheat cast iron skillet over medium-high heat. Drizzle in a little bit of oil and add the peppers, tossing to coat. Let them cook until charred, turning occasionally. Off heat, squeeze lemon juice and sprinkle some flakey salt all over to serve. //