

# Recipe Book

*San Fulgencio*

*Traditional recipes*





**Excmo. Ayuntamiento de San Fulgencio**

## *Mayor of San Fulgencio.*

It is an honour for me as Mayor and as a son of San Fulgencio to present the first recipe book of our village.

Our gastronomy has changed over the years and the different economic and social situations have made our recipes change and adapt at every moment. When we were children, we did not have so many resources or food options.

The shortage of those years made the innovation and imagination of our mothers, of our housewives, a very important role. At that time, the products of our rich garden were cooked together with the animals that were kept in the past in practically every home, these were the beginnings of our traditional recipes.

It is surprising how these recipes have been passed down through the generation and are the backbone of our gastronomy even today.

With this book we want to make known our most traditional recipes and the secrets of our housewives. Furthermore, an additional objective of this publication is that our neighbours from other countries who have decided to make our village their own can get to know and enjoy our delicacies.

Lastly, I can only thank the housewives who have so kindly opened their kitchens to us and given us their valuable time. This book is dedicated to you and all the housewives of San Fulgencio.

Mayor of San Fulgencio

**José Sampere Ballester**

*Mayor of San Fulgencio*



Excmo. Ayuntamiento de San Fulgencio



## Tourism Councillor

It has been a real pleasure to bring some new and different initiatives to San Fulgencio over the past few months from the Tourism Department, and the latest we are proud to present is this recipe book.

San Fulgencio has its history steeped in agriculture and it's that quality produce that has become famous not only locally but across the world too. In recent history, the increase of restaurants of all countries and styles – especially on the Urbanisations – has made this municipality one of the most gastronomically diverse in the area, and this book will only add to that fast-growing reputation.

The recipes contained in this guide have taken years, even decades, to produce as they've been handed down through generations of San Fulgencio people and enjoyed as much today as they were yesterday. I hope that the many non-Spanish members of our international community that have fully thrown themselves into the Spanish way of life – and that includes the food – will enjoy recreating these great dishes of the past and using, as much as possible, the locally grown produce and supporting our local farmers and markets in the process.

Finally, I want to pay tribute to the many 'housewives of San Fulgencio' whose skills and inventiveness over generations have enabled us to put this recipe book together, and kept their families fed and healthy during both the good and bad times.

This is their legacy.

**DARREN PARMENTER**  
*Councillor for Tourism*





Amparo Martínez Gómez



Mª Remedios Simón Cayuelas



Josefa Castell Barraquel

*Our cooks  
Our women  
Our tradition*



Josefa Regidor Giménez



Rosa Castell Barraquell  
En memoria



Encarnación Mora Gallud

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# *Traditional dishes*



## Rice with rabbit and snails



### Ingredients

- 1 dozen and a half of snails
- 1/2 rabbit
- 1/4 of rice
- 1 rosemary stick
- Saffron
- 1 large ripe tomato
- 1/4 l. of olive oil
- Parsley
- Water

### Method

Wash the snails very well and "trick" them, then boil them with a sprig of rosemary and skim them. Fry the rabbit, when it is half-fried, add the snails and the grated tomato and let it all fry together. Add the water, when it starts to boil, add the rice, saffron and parsley and leave for 20 minutes.

*Fina la Castela's tip to trick the snails into taking out their body:* Once the snails have been washed very thoroughly, they are placed in a closed plastic bag with hot water. In a short time, we will see how they take out the body, that way when they are boiled they will keep the bodies outside and it will be easier to eat them.

Another tip from Fina is to add spices to any type of paella, which gives it a special flavour.

# Soupy rice with meat "clarico"



## Ingredients

- $\frac{1}{4}$  pork (for instance, 1 cheek,  $\frac{1}{2}$  pig trotter, ribs and some bones to taste)
- 1 Boneless chicken leg ( $\frac{1}{4}$  approx.)
- 1 turnip
- 1 carrot
- Celery (the greener the better)
- 50 gr. of chickpeas (previously soaked the day before)
- 1 black pudding
- 1 piece of fat
- $\frac{1}{4}$  kg. of rice
- Saffron
- Water

## Method

The meat and chickpeas are boiled and skimmed. When it starts to boil, add the chopped vegetables, then add a pinch of salt and let it boil for half an hour in the pressure cooker. After this time, open the cooker and add the rice and saffron and let it boil for 20 minutes (this time without closing the cooker).

# Soupy rice with vegetables "clarico"



## Ingredients

- 250 gr. of lentils
- Black-eyed peas
- Beans
- 1 carrot
- 1 turnip
- 100 gr. Green beans
- 1/2 kg. of chard
- 1/8 of olive oil
- 1 small onion
- 1/4 of rice
- 1 tablespoon of paprika
- Salt
- Saffron
- Water

## Method

Put the pulses in the water without boiling them (previously soaked from the night before). When the water starts to boil, add the clean and chopped up vegetables.

Fry the onion in oil and a tablespoon of paprika (it is better to cool the oil a little to add the paprika because it turns black) and add it while the vegetables are boiling. Add a pinch of salt, close the pressure cooker and leave it to boil for 45 minutes. After this time, add the rice and saffron, cook for 20 minutes without closing the cooker and the stew is ready to serve.

This dish is eaten all year round, but especially in winter.

## Rice and whitebait



### Ingredients

- $\frac{1}{4}$  kg. of whitebait
- 4 artichokes
- 1 bunch of spring garlic
- Tender beans
- 1 ripe tomato
- $\frac{1}{4}$  kg. of rice
- $\frac{1}{4}$  l. of olive oil
- Saffron
- Parsley
- Salt
- Water

### Method

The whitebait is cleaned, opened and the bone is removed. Fry the whitebait, garlic and beans. Once the ingredients are fried, add the grated tomato. Let it boil for 20 minutes and add the rice. When it starts boiling again, add the whitebait and parsley and let it boil for 20 minutes.

## Vegetable "paella"



### Ingredients

- 50 gr. of chickpeas (previously soaked the day before)
- 1/4 kg. of green beans
- 1 onion
- 1 potato
- 3 Nora pepper
- 3 artichokes
- Cod
- 1/4 kg. of olive oil
- 1 ripe tomato
- Parsley
- Saffron
- Water

### Method

The cod and chickpeas are soaked the night before. Fry the cod in the paella alone and set it aside. Fry the chickpeas and the chopped vegetables, once they are fried, add the grated tomato and the water, and let it boil for 20 minutes. After this time, add the rice and let it boil for 20 minutes. When the rice is almost ready, add the cod.

# Cocido con Pelotas



## Ingredients for the "pelotas"

- 1/2 of day-old bread
- 1 leg. minced meat: boneless turkey leg, chicken breast and lean pork.
- Pine nuts
- Mixed spices
- Parsley
- 3 eggs
- Blood

## Ingredients

6 people

- 1/4 leg. of chickpeas (previously soaked the day before)
- 1/2 leg. of small potatoes
- 1 leg. of mixed meat (to taste), for instance:
  - Pork: cheek, ribs, pig trotter and ear, a piece of fat.
  - Chicken and turkey: leg and boneless leg, a piece of neck, a wing.
  - Beef: meat and bone
- Celery
- Water
- Salt

## Method

Put the chickpeas (which have been soaking since the day before) together with the meat to boil and skim, also add the celery. The stew can be kept boiling over a low heat for two hours (the trick with good stews is to do it over a low heat and without hurry so that the meat is well cooked and the broth is smooth). After this time, open the pot and add the "pelotas" (balls) together with the potatoes. Close the pot again, let it boil for about 30 minutes and it is ready.

*Knead the balls:*

Chop the parsley well and add it to the minced meat with the spices, beaten eggs, bread, blood and pine nuts (do not forget to add salt). All this is well kneaded and given the shape of a "ball".

Before adding the bread to the mince, soak it in water to crumble it, taking care not to soak it too much.

# Cuscurreones



## Ingredients

- 200 gr. of chickpeas
- 250 gr. of green beans
- 250 gr. of chard
- 1 turnip
- 1 cardoon
- 1 peppermint stalk
- 2 large potatoes
- Saffron
- 1 tablespoon of paprika
- Water

## Cuscurreones dough

- 1 small glass of water
- 300 gr. of flour (approx.)

## Method

Bring the water to a boil and add all the cut vegetables together with the chickpeas (which have been soaking since the day before).

In a separate pan, put half a quarter of the olive oil and fry a turnip cut in half, once the turnip is fried, remove it from the heat, leave it to cool and add a tablespoon of paprika (be careful because if you pour it in when the oil is very hot, it turns black, so it is better to leave the oil to cool down a little). The mixture is poured into the pot, closed and left to boil with the other ingredients for two hours. Once it is ready, take it away from the fire and add the "cuscurreones", these have to be moved often so that they do not stick, 15 minutes and this stew will be ready.

## Method cuscurreones:

The ingredients are mixed and kneaded until the dough is hard. Using your fingers, shape them (bigger than a grain of rice), put them on a tray with flour, move them and mix them well so that they do not stick together. It is recommended to prepare them the day before so that they dry well.

## Olla rinda



### Ingredients

- *Ingredients:*
- $\frac{1}{4}$  chickpeas (previously soaked the day before)
- 1 cardoon
- 1 parsnip
- 200 gr. of green beans
- 2 sweet potatoes
- 10 small potatoes
- 2 onion black pudding
- 1 piece of fat
- Water
- Salt
- Saffron

### Method

Put the pot on to boil and add all the vegetables. Fry the parsnip separately when it is done, let it cool a little bit and add a spoonful of ground pepper. Add the fried vegetables to the boiling pot and close the pot. Leave it boiling for about an hour over a low/half heat, after this time add the black pudding and the potatoes. Leave the pot boiling again now over a low heat and in about half an hour it will be ready (when we see that the potatoes are done).

## Garlic soups



### Ingredients

- 2 artichokes
- 1 potato
- 4 or 5 spring garlic
- 1 tomato
- 200 grs. of bread (if it is a day-old bread better)
- Parsley
- 1 garlic clove
- Cumin
- 1 egg per person
- Water
- Salt
- Saffron

### Method

Cut the artichokes, potatoes and garlic and fry everything together with the grated tomato. Once everything is well fried, put the pot with the water and boil it (don't forget to add salt), leave it for about fifteen minutes at medium heat. On the other hand, chop the parsley together with a clove of garlic and cumin, this chopped is added to the pot when the stew is ready. Before taking the pot off the heat, add the whole eggs to make them. Finally, cut the bread into thin slices and fry it a little bit. Put the bread and the egg in the dish first and then add the soup.

## Flour "migas"



### Ingredients

#### Flour migas

- 1 ñora dried pepper
- 1 head of garlic
- 2 sardines
- 1 kg. of flour

#### Bread migas

- 1 a 1/2 kg. loaf of bread
- 2 ñora peppers
- "Longaniza" (smoke-cured pork sausage)
- 1 head of garlic

### Method flour "migas"

First the ñora pepper is fried and removed, then do the same with the sardines. Finally, the garlic head is fried, split in half, when it is golden, the "migas" prepared previously with the flour and a little water is added little by little. Fry it very carefully, bit by bit, so that it does not stick. When it is done, put the ñora pepper and the sardines on to serve.

### Bread "migas"

The bread is soaked, just as it is for the "pelotas" (balls).

Fry two ñora peppers and take them out, then fry the "longaniza" sausage and the garlic head, and slowly add the bread and keep moving so that it does not burn. Then, serve with the ñora peppers.

## Preserved artichokes



### Ingredients

- Artichoke
- Water
- Citrus

### Method

The tails of the artichokes are cut off and put in water to scald them, they must be completely covered by water, otherwise they turn black. The artichokes are removed and peeled, the tips are cut off completely and placed in a container with water and lemon (1 glass of lemon juice for 4 litres of water).

Garlic and chilli can also be added to the conserve according to the personal taste of each person. Then, they are placed in jars with this liquid up to the top. Boil in a bain-marie for 20 minutes.

# Empanadillas



## Ingredients

masa

- 1 glass of sunflower oil
- 1/5 of beer
- A bit of salt
- A little bit of paprika (to taste)
- 1 kg. of flour

## Filling:

- 1 red pepper
- 1 green pepper
- 1 large onion
- 2 large tomatoes
- 1 can of tuna

## Dough method:

Put the oil to be heated in a pan with a lemon rind, so that it will be known when it is hot. On the other hand, put the beer in a container together with the salt, the paprika, the hot oil and bit by bit add the flour. At the same time, stir it with a spoon to avoid burning with the hot oil, until you can continue by hand. Once the dough is thickened and you checked that it does not stick to the hand, the dough is ready.

## Method of the filling

Boil the eggs until they are hard. On the other hand, cut the green and red peppers into pieces and then fry them. Once they are fried, take them out and in the same oil fry the onion together with the grated tomato. Do not forget to add salt. Then put everything together and we have the "pisto". Then mix the tuna with the chopped boiled egg.



### *Method of the pasties:*

*Make a ball with the dough and mash it, then put some "pisto" and then a little bit of the mixture of the tuna and the egg. Just cover it with a little bit of dough and shape it on the edges with a fork. Before putting them in the oven, spread them with a beaten egg. Put them in the oven at 200° for about half an hour, when the dough gets hard, they are done.*

*Traditional confectionary*



# Almojábanas



## Ingredients

25 people

- 4 glasses of water
- 1 glass of oil
- $\frac{3}{4}$  of flour
- 14 eggs
- 1 Royal Yeast packet

## Syrup

- $\frac{1}{2}$  l. of water
- $\frac{1}{2}$  Kg. of sugar

## Method

Put the water and oil to boil, once it is boiling, add the flour bit by bit and mix until it thickens. Leave the dough to cool and add the eggs (if you find that the dough is too hard, you can add some extra eggs) and the yeast. With a little bit of effort, mix all the dough very well. Then, separate it into small piles, make a hole in the centre and put it into the oven, at more than 200° for 45 minutes.

Once baked, it is extracted from the oven and left to cool.

One hour before consumption, lime them with syrup. To make the syrup, put a pot with water and sugar to boil. Put them inside the syrup pan while it boils using a skimmer.

## "Rollo" (Rolls)



### Ingredients

- 12 eggs
- 12 oil shells (The egg is broken at the top and filled with oil 12 times).
- 1 box of soda
- 1 grated lemon
- 2 kg. flour
- 1 kg. of sugar

### Method

Beat the eggs and add the sugar, then add the grated lemon rind, oil, soda, flour and mix everything well. Once the dough is prepared, give it the shape of "rolls", sprinkle them with beaten egg and, if you want, put a little bit of sugar on them and put them in the oven at 180° or 200° for 40 minutes.

## "Monas" (for 10 "monas")



### Ingredients

- 1 kg. of flour
- 350 grs. of sugar
- 4 eggs
- Lemon peel
- $\frac{1}{4}$  of a litre of olive oil
- 70 grs. of pressed bread yeast
- Half a glass of milk

### Method:

First, a dough is made with about 350 grs. of flour and a glass of milk (actually the quantity of the flour depends on what that amount of milk allows us). This dough is left to ferment for about an hour and a half, or until it expands.

Then we add all the ingredients we have left, except the flour, once everything is well-diluted, the flour is added bit by bit.

Once the dough is made, it is left to rest until it expands again, then it will be time to make portions of the size we want. Once again, the dough is left to rest until it expands again and then it is time to bake the "monas". Bake them at approximately  $170^{\circ}$  and you will know they are done when you see that they are golden on top. Finally, you make a syrup with water and sugar and with the help of a brush you bathe them and sprinkle them with sugar.

You can also make "monas" with eggs, just boil the eggs and put them in the "monas" just before putting them in the oven.

# Almond cake



## Ingredients

- 1/2 kg Almond
- 1/2 kg. of sugar
- 3 tablespoons of flour
- 1 dozen eggs
- 1 grated lemon rind

### Meringue for decoration:

- 300 gr. of sugar
- 7 egg whites (beat to form peaks)

### Liquid to soak the cake:

- 1/2 l. of water
- 1/2 kg. of sugar

## Method:

Beat the twelve egg to form peaks, when they are ready, add the sugar and beat them very well until they become harder. The yolks are beaten separately and added to the dough. Then add the flour, the almond and the grated lemon rind. Mix all the ingredients well and put it in the oven for an hour at about 180°.

Once out of the oven, the sponge cake is soaked, the water and sugar are mixed, it is boiled, it is left to cool and the sponge cake is is soaked in it.

Once the cake is soaked, it is removed from the mould, placed on a tray and decorated with meringue to taste.

# Pumpkin "buñuelos"



## Ingredients

- 1 pumpkin
- Flour
- Bread yeast

## Method

The pumpkin is boiled, once it is done the yeast is dissolved and added and then the flour is added very slowly until a consistent dough is obtained. This dough is left to ferment (for about an hour). Then put a pan with sunflower oil and fry them in the form of little balls with a hole in the centre. Once they are done, they are sprinkled with sugar.

# Mantecados



## Ingredients

- 1 kg. of lard
- 12 eggs
- 1 kg. of sugar
- Grated lemon rind
- 1 and  $\frac{3}{4}$  kg. of flour

## Method

Beat the lard very well together with the sugar until it is very thin, then add the eleven yolks, the whole egg, the grated lemon rind and the flour. Knead everything very well until it becomes a hard dough. Then form small balls and shape them into the desired shape with the help of a mould. Bake them in the oven at 170° for about an hour until they are golden brown. When removed from the oven, sprinkle with sugar and cinnamon.

*These sweets are typical at Christmas time.*

# Almendrados



## Ingredients

- 1 Kg. of almonds
- 600 gr. of sugar
- 2 eggs
- 7 yolks

## Method

*All the ingredients are mixed, kneaded very well and shaped into little mountains. Put it in the oven and take it out when it gets a toasted colour. These sweets are typical at Christmas time.*

# Toñas



## Ingredients

- $\frac{1}{2}$  l. of oil
- 1 kg. and  $\frac{1}{2}$  of flour
- 400 grs. of sugar
- $\frac{3}{4}$  of Anquardiente

## Method

Heat the oil, when it is very hot, pour the oil into a container that can withstand the heat, and add the flour. Stir the dough bit by bit with a wooden spatula, then add the sugar, keep moving and finally add the aguardiente.

This dough is moulded with our hands and smashed, and we only have to make the shape with the mould and put it in the oven at 170°. You will know that the "toñas" are ready when you see that they are golden.

The final touch is that they can be bathed with a syrup made with a little bit of boiling water and honey; or they can be sprinkled with sugar and cinnamon.

