

# *“La Guita”*

Patrocinador Oficial  
del Aperitivo

## **1.-PETIT GREEN ASPARAGUS ROLLS**

50 g parmesan cheese.

125 g water.

4 wild asparagus.

4 slices of ham.

4 slices of cheese.

Salt.

*Béchamel sauce: 40 g milk, 40 g flour, 20 g butter, salt, white pepper and nutmeg. Alternatively use a carton of the brand of béchamel sauce of your choice.*

*Method:*

- *Cook the asparagus in salted boiling water; remove from heat and cool down quickly in iced water.*
- *Wrap the asparagus in the ham and cheese slices and place in an oven dish.*
- *To prepare the béchamel sauce, melt the butter in a frying pan, add the flour and then mix thoroughly. Add well heated milk and stir thoroughly to avoid lumps. Add the nutmeg and season with salt and pepper.*
- *Then cover the asparagus with the sauce, sprinkle with parmesan cheese and grill in the oven or microwave.*

## **2.- RICOTTA CHEESE, BLACK OLIVES TOMATO SALAD WITH BASIL**

50 g ricotta cheese.

1 small tin of de-stoned black olives.

1 tomato.

Basil.

Salt

Olive oil.

Vinegar.

*Method:*

- *Use a scoop or a knife to cut the cheese into small portions.*
- *Poach the tomatoes in salted boiling water; remove from heat, peel, de-seed and then cut into small pieces.*
- *Chop the basil finely.*
- *Mix all the ingredients and add oil, vinegar and salt.*

## **3.-MINI HAM AND CHEESE SANDWICHES IN BATTER**

4 slices of sandwich bread.

2 slices of ham.

2 slices of cheese.

Butter.

Flour.

2 eggs.

Grated cheese.

*Method:*

- *Butter the bread and make a ham and cheese sandwich.*
- *Cut into four pieces, coat first in flour and then dip in the egg.*
- *Then sprinkle with parmesan cheese and grill.*

#### **4.- MINI TOASTS WITH CHEESE SPREAD, HONEY AND RED POMFRET**

10 mini toasts  
150 g cheese spread.  
50 g honey.  
75 g ray's bream.

*Method:*

- Mix the cheese spread with the honey.
- Cut the red pomfret into thin strips.
- Spread the cheese on the mini toast and place a pomfret strip on top.

#### **5.- MINI BOWL WITH CHICKPEAS, TUNA AND OLIVES**

1 Jar of cooked chickpeas.  
1 tin of tuna.  
1 tin of de-stoned olives.  
Vinegar.  
Salt  
Olive oil.

*Method:*

- Wash the chickpeas in plenty of water. Drain and place in a large bowl.
- Add the olives, finely chopped, and the tuna and mix.
- Season to taste with vinegar, olive and salt before serving in individual bowls.

#### **6.- EGGS WITH TUNA MOUSSE FILLING**

5 hardboiled eggs.  
3 tins of tuna.  
175 g mayonnaise  
Parsley.  
¼ iceberg or green lettuce.

*Method:*

- Cut the eggs lengthways in halves and scoop and chop the yolks finely.
- Shred the tuna and mix with the mayonnaise to make the mousse.
- Cut the iceberg or green lettuce into thin strips and chop the parsley.
- Fill the egg whites with the tuna mousse, sprinkle with the chopped yolks and parsley.
- Place the stripped lettuce on a plate and put the eggs with the filling on top.

#### **7.- TOASTED BREAD WITH TOMATO AND SMOKED ANCHOVY FRY-UP**

3 slices of sandwich bread.  
40 g onion.  
Garlic.  
200 g tomato.  
Sugar.  
12 pieces of tinned anchovies.  
Bay leaf.  
Olive oil.

*Method:*

- Poach the tomatoes in salted boiling water, remove from heat, peel, de-seed and then cut into small pieces.
- Heat the olive oil in a frying pan and stir-fry the onion, garlic, tomato and bay leaf. When tender, add the sugar, remove from heat and leave to cool down. Add salt to taste.
- Cut the sandwich bread lengthways and toast in a toaster or in the oven.
- Place the tomato stir-fry on the toasted bread and then cover with a piece of anchovy.

### **8.-PETIT ROLL WITH MUSSEL AND BACON**

*10 mussels.*

*10 Slices of bacon.*

*TARTAR SAUCE: 180 g mayonnaise, 20 g gherkin, 20 g capers, 20 g onion, ½ hardboiled egg. Alternatively use a jar of tartar sauce.*

*Method:*

- *Wrap the mussel meat in the bacon and fry.*
- *To prepare the tartar sauce, chop all the ingredients finely and mix well.*

### **9.- TRADITIONAL PICADILLO RED AND GREEN PEPPER SALAD WITH CRAB STICKS**

*50 g red pepper.*

*50 g green pepper.*

*50 g onion.*

*1 packet of crab sticks.*

*Olive oil. Vinegar and salt.*

*Method:*

- *Chop all the ingredients finely and mix with oil, vinegar and salt.*

### **10.- BABY BROAD BEANS TARTLETS WITH GARLIC MAYONNAISE**

*Savoury tartlets.*

*1 tin of broad beans.*

*50 g red pepper.*

*1 tin of sweet corn.*

*Garlic mayonnaise: 100 g mayonnaise, 3 garlic cloves. Alternatively use a ready-made jar of garlic mayonnaise.*

*Method:*

- *Chop the red pepper and mix with the broad beans and sweet corn.*
- *Crush the garlic cloves and mix with the mayonnaise.*
- *Spread a little garlic mayonnaise on each tartlet and place the peppers, broad beans and sweet corn on top.*