

Tapas with Shrimp, Pepper, Garlic, and Chili

Here is one of our favorite tapa recipes from Andalucía, the southern region in Spain. It is simple and quick to prepare and with good quality shrimp, terrific.

Serves: Four small tapa portions (two dinner portions)

Prep Time: 10-12 minutes

Ingredients:

3 tablespoons extra virgin olive oil

1 small red bell pepper, seeds and membranes removed, sliced into thin strips

¼ to ½ teaspoon of crushed red chili pepper flakes (to taste)

12 ounces (325 grams) of large shrimp, peeled and deveined

½ teaspoon dried oregano

3 medium cloves of garlic, minced

Directions:

Heat a sauté pan to medium-high heat. Add oil and sauté the peppers and chili flakes for 2 minutes. Add shrimp and oregano, stirring occasionally, and heat for 2 minutes. Finally, add garlic and heat another 1 minute, until shrimp are cooked. Remove from heat and serve hot.

Wild Mushroom Tapas

Wild mushrooms, (in particular setas) are very popular in Spain. After an autumn rain, many people drive or walk out to the countryside and spend the day picking them. I grew up in the Pacific NW picking chanterelle mushrooms with my dad, so I appreciate this traditional way of gathering food. It was fun, and once cooked at the end of the day, the mushrooms tasted amazing.

Fall is a great time for mushrooms recipes. Visit your local market and find out what options you have available. Consider setas, oyster, shiitake, chanterelle, beech, and maitake varieties, but you can also use traditional cremini or baby portobellos, or button mushrooms in this recipe, too.

Serves: Tapas for Four

Prep Time: 15-20 Minutes

Ingredients:

4 cups mushrooms, cleaned, rinsed, and sliced into bite-sized pieces

3 tablespoons extra-virgin Spanish olive oil

1 teaspoon dried thyme

4 large cloves of garlic, minced

¼ cup (150 cc) dry white wine

¼ teaspoon sea salt

¼ teaspoon ground black pepper

Tapas Recipes (cont.)

Directions:

Heat a large sauté pan to medium-high heat, add mushrooms, stirring occasionally. As they begin to soften, about 3-4 minutes, you might notice that the mushrooms start to make a squeaking sound as they shrink in size and are stirred. At that point, reduce heat to medium; add olive oil, thyme, and garlic. Continue to stir intermittently for 2 minutes. Before garlic browns, add salt, white wine, and stir. Continue to cook another 3-4 minutes. Serve immediately while hot.

Enjoy,

Steven Masley, MD