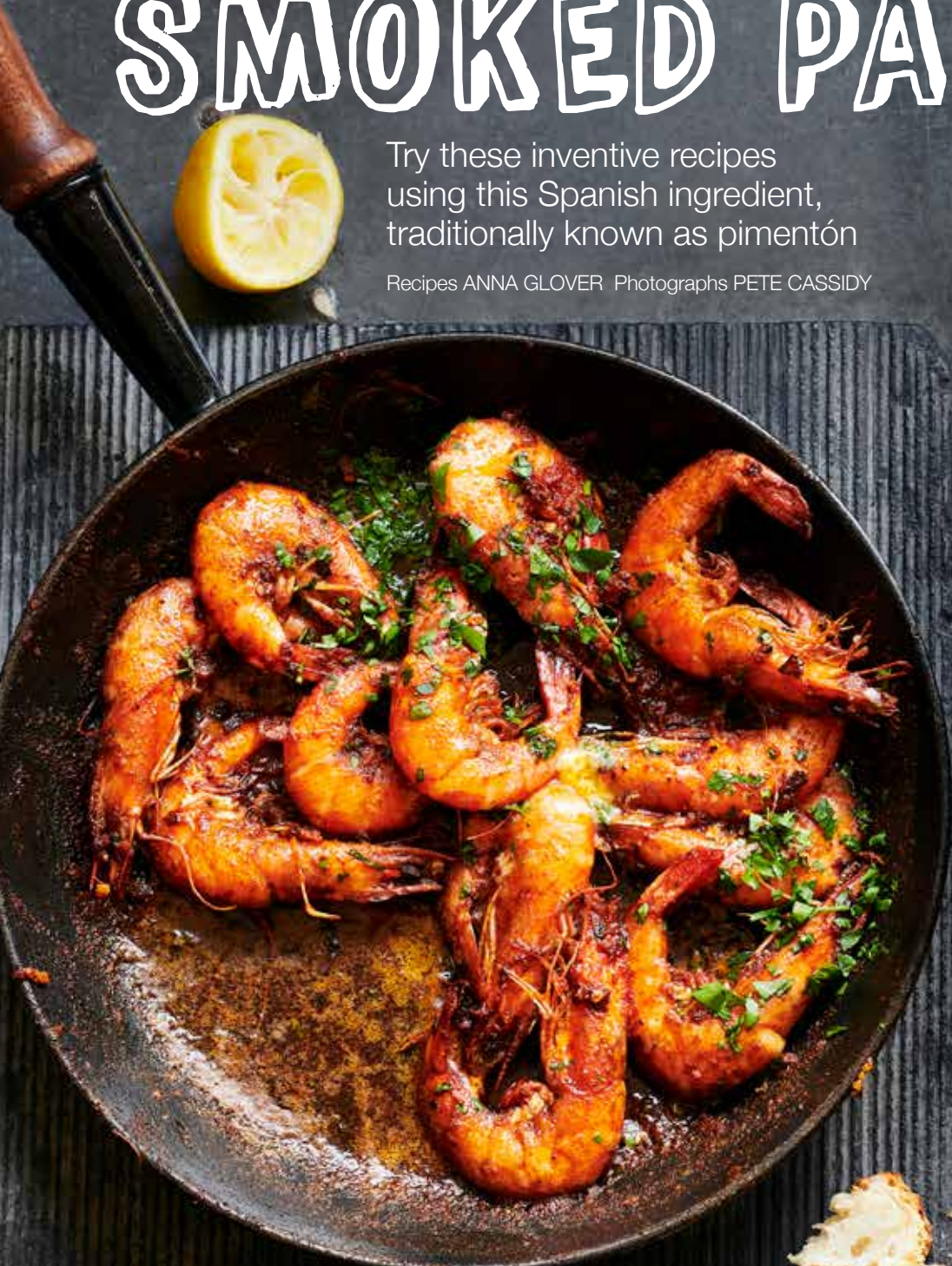


3 WAYS WITH

# SMOKED PAPRIKA

Try these inventive recipes using this Spanish ingredient, traditionally known as pimentón

Recipes ANNA GLOVER Photographs PETE CASSIDY



## Garlic prawns with paprika and sherry butter

15 MINUTES | SERVES 2 | EASY | GF

- salted butter** 25g, softened
- sweet smoked paprika (pimentón)** 1 tbsp (see cook's notes)
- dry sherry** 1 tbsp
- lemon** ½, zested, plus a squeeze of juice
- olive oil** 1 tbsp
- garlic** 4 cloves, crushed
- dried chilli flakes** a pinch
- large raw shell-on prawns** 12
- flat-leaf parsley** ½ small bunch, finely chopped
- crusty bread** to serve

- Mash the butter, paprika, sherry and lemon zest in a bowl with a fork. Add some black pepper and leave at room temperature.
- Heat the oil in a medium frying pan and gently fry the garlic and chilli flakes for 1-2 minutes or until fragrant. Add the prawns and half the prepared butter, and toss for 2-4 minutes or until pink. Remove from the heat and briefly stir in the remaining butter until just melted. Serve with the parsley, a squeeze of lemon juice and crusty bread.

### COOK'S NOTES

Smoked paprika is known as pimentón in Spain, and is widely used in Spanish cooking. This vivid red spice is very different to Hungarian paprika in both look and flavour. To make pimentón, red peppers are dried over wood smoke and then ground to give a smoky, earthy spice. It comes either picante (hot and spicy) or dulce (mellow and sweet). The finest Spanish pimentón has DOP status – check the packaging when buying.

PER SERVING 210 KCALS | FAT 16.7G  
SATURATES 7.5G | CARBS 1.7G | SUGARS 1G  
FIBRE 3G | PROTEIN 9.5G | SALT 1G

## Honey-and-paprika-glazed chicken traybake

55 MINUTES | SERVES 4 | EASY | LC GF

- new potatoes** 400g, halved
- runny honey** 3 tbsp
- olive oil** 2 tbsp
- red wine vinegar** 2 tbsp
- sweet smoked paprika (pimentón)** 2 tbsp (see cook's notes, opposite)
- whole chicken thighs** 4-6

- red peppers** 3, sliced
- pitted green olives** 50g, quartered
- flat-leaf parsley** a small bunch, chopped
- green salad** to serve

- Boil the potatoes in salted water for 10 minutes until just tender. Drain well.
- Heat the oven to 200C/fan 180C/gas 6. Whisk together the honey, oil, vinegar and paprika with some seasoning, and pour over the chicken thighs, peppers and potatoes in

a roasting tin. Roast for 40 minutes, stirring halfway, until the chicken is cooked through and the potatoes are golden and crisp – add a splash of water if the sauce is starting to catch on the bottom of the tray.

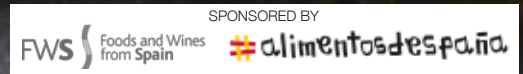
- Stir the olives and parsley through the traybake, and serve with a green salad.

PER SERVING 371 KCALS | FAT 17.8G  
SATURATES 4G | CARBS 29.7G | SUGARS 17.3G  
FIBRE 6.9G | PROTEIN 19.4G | SALT 0.6G



STYLING: JACOB VIGER/OLIVIA; FOOD STYLING: LIBERTY FENNELL

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## Spanish tortilla with paprika ketchup

1 HOUR 30 MINUTES | SERVES 4-6 | EASY | **V** **LC** **GF**

**waxy potatoes** 450g, peeled

**olive oil** 3 tbsp

**onion** 1 large, finely sliced

**eggs** 6 large

PAPRIKA KETCHUP

**large ripe vine tomatoes** 600g, roughly chopped

**tomato purée** 60g

**hot smoked paprika (pimentón)**

2 tbsp (see cook's notes on p64)

**garlic granules** 1 tsp

**celery salt** ¼ tsp

**fine sea salt** ¼ tsp

**red wine vinegar** 4 tbsp

**soft light brown sugar** 50g

- To make the ketchup, put the tomatoes, tomato purée, paprika, garlic, celery salt and salt in a pan with a grinding of black pepper, and mix well. Cook, covered, for 15 minutes, then uncovered for 15-20 minutes, stirring frequently, or until reduced to a thick sauce. Remove from the heat and blend with a stick blender until smooth. Strain through a sieve into another pan, and stir in the vinegar and sugar. Cook over a low heat for 15-20 minutes or until it forms a smooth, shiny ketchup consistency. Spoon into a sterilised jar or bottle and, once cool, keep in the fridge for up to four weeks.

- Cut the potatoes into thin slices, put them into a pan of cold water with a large pinch of salt, bring to a gentle simmer, then remove from the heat and leave for 5 minutes. Drain well and leave to steam in the colander for a few minutes.

- Meanwhile, heat 2 tbsp of olive oil in a 20cm non-stick frying pan and fry the onion gently for 8-10 minutes or until soft but not golden. Whisk the eggs with some seasoning in a bowl.

- Tip the potatoes into the beaten eggs and mix carefully to avoid breaking the slices. Pour the mixture over the onions in the pan, and leave the base to set over a medium-low heat for 10-15 minutes. When the sides are set, flip the tortilla onto a plate. Add the remaining 1 tbsp of oil to the pan, slide the tortilla back in and cook for 5 minutes until set and cooked through. Serve warm or chilled in slices with a spoon of the paprika ketchup for dunking in.

PER SERVING (6) 209 KCALS | FAT 11.4G  
SATURATES 2.4G | CARBS 15.7G | SUGARS 4.3G  
FIBRE 2.3G | PROTEIN 9.8G | SALT 0.3G