How to cook escalivada

by GBC Kitchen

How to cook escalivada

by GBC Kitchen

In association with
FWS Foods and Wines from Spain
#alimentosdespaña

Escalivada is a traditional vegetable dish from the Catalonia region of Spain. The name derives from the Catalan verb 'escalivar', which means 'to cook in the ashes' and this grilling of the vegetables over live fire is an essential element of the flavour profile. The method adds smoky, charred flavours and enhances the natural sweetness of the ingredients. A typical combination of vegetables is aubergines, peppers and onions, but garlic and tomatoes are also often added. Regional olive oil is an important component of escalivada too, dressing the vegetables and uniting their flavours. It is served with allioli and coca, a traditional, homemade Catalan flatbread.

What is the history of escalivada?

The secret to the success of escalivada lies in its simplicity; at its most basic it contains just a few vegetables, which, when cooked with care over fire, combine to produce something more than the sum of its parts. It is likely the dish originated in Pyrenean farming communities, where its ease of production, affordability and cooking method made it an easy yet delicious option for hard working people.

Catalonia and Aragon

How to cook escalivada

Ingredients

2 red peppers
1 medium aubergine
2 shallots
extra virgin olive oil to taste
sherry vinegar to taste

1. Prepare a barbecue for cooking over direct heat
2. Rub the whole aubergine and peppers with a little oil and season with salt
3. Place the shallots, peppers and aubergine directly over the coals and cook until they are completely blackened, turning occasionally to ensure they are evenly cooked
4. Once blackened, place into a bowl and cover tightly, to allow the vegetables to continue steaming and softening for 10 minutes

FWS Foods and Wines from Spain #alimentosdespaña

5. Peel the vegetables and discard the seeds, trimmings and the majority of the skins (it's OK if there are some black bits remaining)
6. Chop the peppers and aubergine into small strips, roughly 4 cm in lengths. Peel the shallots and chop them lengthwise into quarters and arrange all the vegetables on a serving plate
7. Season the vegetables with salt and pepper and drizzle liberally with extra virgin olive oil. Splash over a little sherry vinegar to taste and serve with some bread and allioli

What is escalivada served with?

Escalivada is traditionally served with allioli, a pungent garlic mayonnaise made with extra virgin olive oil. It's simple to make your own allioli at home, and it will taste so much better than a shop bought version. Try our recipe for allioli below.

Ingredients

1 egg yolk
3 garlic cloves, grated to a paste
1 tbsp of lemon juice
100ml of vegetable oil
100ml of extra virgin olive oil

1. To make the allioli, mix the egg, garlic and lemon juice and a pinch of salt together with a whisk
2. Slowly drizzle in the vegetable oil a drop at a time, whisking all the time, until a thick, pale yellow emulsion forms. Once the oil and egg yolks begin to emulsify, you can add the oil slightly faster
3. Once all the vegetable oil has been incorporated, add the olive oil in a steady stream, whisking constantly. Taste, and adjust seasoning as needed, then set aside

Escalivada
by Angel Zapata Martin

What else can you add to escalivada?

While many versions of escalivada are as simple as those above, there are other vegetables that will also work, such as tomatoes. Whole garlic cloves can also be roasted on the barbecue - simply chop the tip off a whole bulb of garlic to reveal the cloves, then drizzle with olive oil and wrap in foil. Place on the barbecue away from direct heat and roast until soft, around 40 minutes.

In association with
FWS Foods and Wines from Spain
#alimentosdespaña
Follow foods & wines from Spain

Subscribe to the
Great British Chefs Newsletter
Join an ever-growing community of food lovers now by subscribing to our newsletter and get all the latest recipes, features and much more to your inbox
jvratcliffe1@gmail.com
SUBSCRIBE
By entering your email address above, you are agreeing to receive marketing emails from Food Publishing Ltd. You'll receive the latest recipes, food features, special offers, related promotions and lots more. You can find out how we store and process your data in our privacy policy and you can unsubscribe at any time by visiting our Newsletter Management Centre.

Get in touch
SEND A DIRECT MESSAGE TO THE TEAM

EAT & DRINK SPAIN
#SpainFoodNation