

## Menestra

by [GBC Kitchen](#)



🍽 Side 📶 Easy 👤 2  
🕒 1 hour 10 minutes

Menestra, or menestra de verduras, is a light, comforting [Spanish](#) Serrano or Iberico [ham](#) and vegetable [stew](#) popular in La Rioja and Navarra. It is a very flexible dish and can be made with any vegetables that are in season, so feel free to swap out the veg depending on what you have in.

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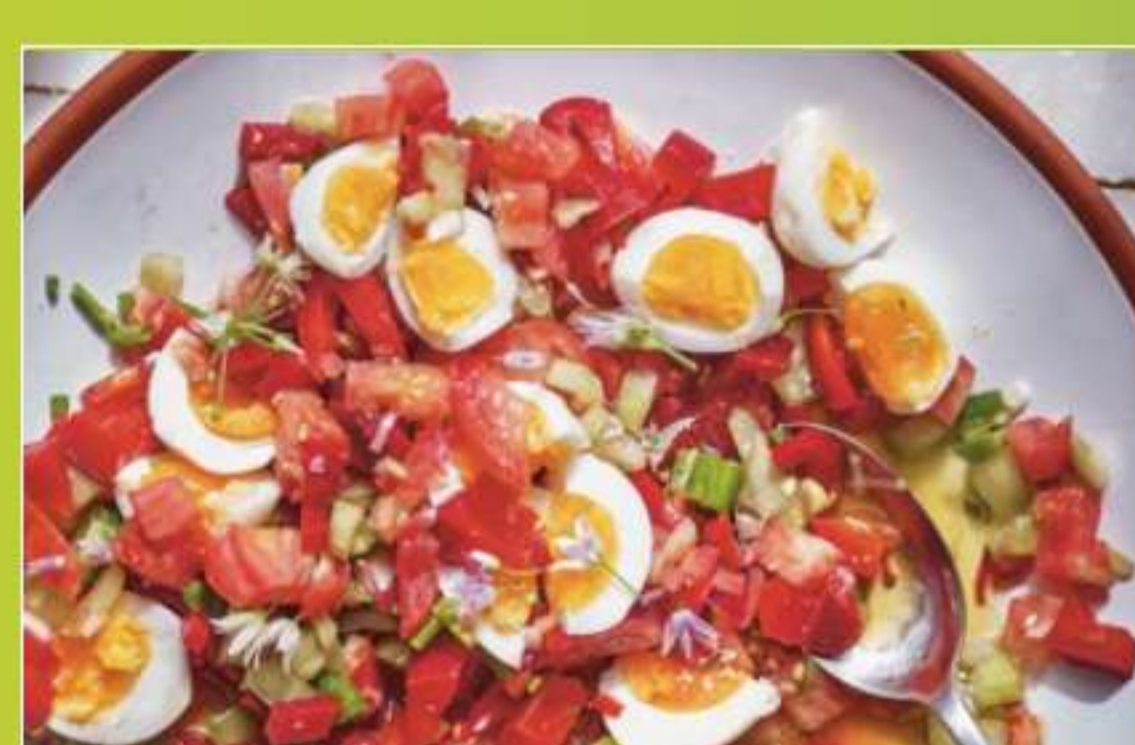
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### Ingredients

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- 6 [baby carrots](#), halved lengthways
- 1 handful of [green beans](#), topped and tailed and cut into 2 inch pieces
- 6 [new potatoes](#), halved
- 3 [spring onions](#), trimmed and thickly sliced on the diagonal
- 2 handfuls of [baby spinach](#)
- 50g of frozen peas
- olive oil
- 4 slices of jamón serrano, sliced
- 3 [garlic cloves](#), grated to a paste
- 100g of [artichoke](#), cooked
- 1 tbsp of plain flour
- 150ml of white wine
- 300ml of beef stock
- 1 handful of [parsley](#), roughly chopped

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### Method

- 1 Bring a pot of salted water to the boil. Add the carrots and green beans and cook for around 5 minutes, or until just tender

6 [baby carrots](#), halved lengthways  
1 handful of [green beans](#), topped and tailed and cut into 2 inch pieces

- 2 Remove the carrots and green beans and add the halved new potatoes. Cook for around 10 minutes or until completely tender

6 [new potatoes](#), halved

- 3 Remove the potatoes from the water and add the spring onions, spinach and peas. Blanch them for around 1 minute or until the spinach just starts to wilt, and then drain

3 [spring onions](#), trimmed and thickly sliced on the diagonal  
2 handfuls of [baby spinach](#)  
50g of frozen peas

- 4 Heat a frying pan over medium-high heat and add a dash of olive oil. Once hot, add the ham and fry until crisp. Remove from the pan and set aside

olive oil  
4 slices of jamón serrano, sliced



- 5 Add the garlic and artichokes and fry until the garlic is soft

3 [garlic cloves](#), grated to a paste  
100g of [artichoke](#), cooked

- 6 Add the plain flour and cook out, stirring frequently

1 tbsp of plain flour

- 7 Add the white wine and cook until it has mostly evaporated, then add the beef stock

150ml of white wine  
300ml of beef stock

- 8 Whisk the stock until it thickens, then add back the ham and cooked vegetables

- 9 Cook for a few minutes more until everything is warmed through, and then serve topped with parsley and another drizzle of olive oil

1 handful of [parsley](#), roughly chopped



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