

Recetas estrella GoAragón 2022



turismo
sostenible



gō Aragón

Pork feet of white layer of Teruel in stew.

Clara Cros Lacal - Rest La Rebotica. Cariñena

Borage stems with boletus edulis and cod cocochas.

José Antonio Escartín. Restaurant Casa Escartín. Calatayud

Sweetbreads Ternasco de Aragón with organic leeks and yellow trumpets.

Rubén Catalán. Restaurant Torre del Visco. Fuentespalda, Teruel

Dried beans with truffle and artichoke.

Fabiana Arévalo. Restaurant Baudilio. Valderrobres, Teruel

Royal of Ternasco de Aragón neck with its own Civet.

Eduardo Salanova. Restaurant. Espacio N. Huesca

Cannelloni brandade of cod with honey, saffron of Jiloca and black truffle

Carmelo Bosque. Restaurant Lillas Pastia. Huesca



INGREDIENTS FOR 4 PEOPLE

2 pig's trotters from Teruel.

Rosemary or thyme to taste to accompany the cooking of the trotters.

For the sauce:

200grs of chorizo meat without skin.

Corn flour (to avoid intolerances).

100 cl of extra virgin olive oil DOP Sierra del Moncayo.

100 cl of white wine DOP Cariñena.

100 cl of liquid cream.

Pepper and salt.



Teruel white layer pig's trotters stewed



4 Pax



65 Min

PREPARATION:

Once the pig's trotters from Teruel have been bled, wash them and place them in the pressure cooker with salt and aromatic herbs for about 45 minutes.

Meanwhile we will prepare the sauce: in a deep frying pan put the extra virgin olive oil, add the chorizo meat without skin and bind it with a spoonful of corn flour, add 100 cc of white wine, freshly ground black pepper and a little cream. Fry for 10 minutes and add the boneless pig's trotters. Stew for another 10 minutes at low temperature and serve.



INGREDIENTS FOR 4 PEOPLE

1 kg of borage

2 or 3 units of boletus edulis.

16 units of cod cocochas (cod shells).

150 cc of Extra Virgin Olive Oil

1 garlic and salt



Borage stalks with boletus edulis and cod cocochas

Clean the borage, cut and cook for a few minutes.

Remove from boiling water and place in ice water to preserve the color and texture.

Make a pil pil with the cod cocochas, add the finely chopped boletus and remove.

On the plate we place in the center the borage stalks and around them we distribute the boletus and the cocochas, on all this we water lightly with extra virgin olive oil.

Simple dish to elaborate and that in only 15 minutes we have ready.



INGREDIENTS FOR 4 PERSONS

- 4 medium leeks
- 12 Ternasco de Aragón Sweetbread
- 1/2 liter of lamb sauce reduction, meat stock.
- 1/2 kilo of yellow trumpet
- 1 dozen of Tatchoi or spinach leaves.
- Extra virgin olive oil of empeltre and arbequina.

Salt to taste



Ternasco de Aragón Sweetbread with organic leeks and yellow trumpets.



4 Pax



65 Min

Cook the leek at low temperature and reserve them. We cut them to the necessary measure to distribute to taste in the dish, we keep the high and harder parts.

With the hard parts we will make a leek puree.

We degrease the Sweetbread and them vacuum cook at low temperature and just before serving we mark them on the grill.

We will have prepared a reduced lamb sauce, as a base for our dish, we will place some spoonfuls of the puree and on it the lechecillas, we will arrange on the plate the yellow trumpets that we will have briefly sautéed with a little bit of our AOVE.

We will place to our taste the tatchoi leaves or select some small spinach leaves.



INGREDIENTS FOR 4 PEOPLE

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600 gr of Beceite Beans

4 Artichokes

2 radishes

Black truffle from Teruel

2 bay leaves

1 teaspoon of hot paprika

Garlic and salt

Tomato

Extra virgin olive oil from Lower Aragon.



Beceite beans with black truffle and artichokes

It is convenient to soak the beans the day before, the next morning change the water and cook with an onion, a leek and a head of garlic with skin and salt, over medium heat for a few hours, cooking depends on the water and fire, it is convenient to go testing to see the desired point. In the final minutes we will introduce the artichokes, clean and peeled, divided in 4 so that they cook with the beans. We make a sauce with the AOVE, the onion and the crushed garlic, when the onion has taken out its broth we add the paprika, grated tomato and the bay leaf. Serve placing the base of the sofrito and on it the beans, grate the tuber melanosporum to taste, place the finely chopped radishes and finally a splash of EVOO.



INGREDIENTS FOR 4 PERSONS

1/2 Kilogram of Aragonese lamb neck.

1/2 Kilogram of bones and low cut of Aragonese veal.

Foie

Cream

Cinnamon, cocoa, orange, rosemary, thyme, and brandy.

Salt and pepper



Royal of neck of Ternasco de Aragón with its own Civet

We make a royal with the necks of the ternasco with a 24 hours cooking at low temperature.

We debone them to remove the meat, with this meat we will make the traditional farce of French cuisine, with a besamel of cream, truffle, foie and add grated truffle, armagnac, pepper and salt.

Once compacted the royal farce of veal, we distribute it in small compact molds, we will wrap it with the lamb's own lamb, with it we will give it a bonbon shape and we mark it in the pan, the other fundamental part of this dish is the civet sauce, made with veal bones, with the tastiest parts, as is the low cut, for it we will have it 5 hours at 150 degrees in a pot in the oven, with different spices: cinnamon, cocoa, orange, pepper, rosemary, thyme, we sauté all this in the pan with a little brandy.

Serve and decorate, to refresh we put some organic pickles from the area.



INGREDIENTS FOR 4 PEOPLE

For the brandade:

- 500 g. of salted cod or 600 g. of desalted cod.
- 100 ml. of extra virgin olive oil
- 100 ml. of whole milk
- 1 medium potato

For the royal:

- Cream and butter
- Saffron
- Eggs
- Salt

Honey

Saffron from Jiloca

Black truffle from Aragon.



Cod brandade cannelloni with honey, Jiloca saffron and black truffle

Once we have made a traditional cod brandade, we will prepare in a tray a sheet of honey with saffron strands to then spread a cylinder of cod brandade, we turn it so that the thin layer of honey adheres all around the cylinder and in this way we will have the shape of the cannelloni wrapped in honey and saffron.

Next, the royal is prepared. The first thing to do is to heat the cream and butter together, add the saffron and infuse. Then add the eggs, correct the amount of salt, strain it and steam it at 85 degrees until it curdles.

Spread a spoonful of saffron royal sauce on the plate, place the brandade cannelloni on it, add some slices of tuber melanosporum. To finish and decorate, place a few sprigs of saffron pistils.

Interview with Clara Cros Lacal - Rest La Rebotica

Interview with José Antonio Escartín. Restaurant Casa Escartín

Interview with Rubén Catalán. Torre del Visco Restaurant

Interview with Fabiana Arévalo. Baudilio Restaurant

Interview with Eduardo Salanova. Restaurant. Espacio N

Interview with Carmelo Bosque, Lillas Pastia Restaurant.