



¡HOLA! WELCOME TO VIVA ESPAÑA

YOUR SPANISH RECIPE PACK

Inside this pack you'll find everything you need to cook, create and celebrate the bold, colourful flavours of Spain.

*Cook together. Laugh together.
Eat together.*

THAT'S THE FOOD JAMS WAY.

THE COOK-OFF

Chicken Paella

Saffron Rice • Chicken • Peppers • Tomato • Smoked Paprika • Lemon

Pisto Manchego

Aubergine • Courgette • Peppers • Tomato • Spanish Olive Oil

Patatas Bravas

Crispy Potatoes • Handmade Garlic Aioli • Smoked Paprika

Ensalada de Naranja

Orange • Fennel • Spanish Olives • Herbs • Citrus Vinaigrette

¡BUEN PROVECHO!



VIVA ESPAÑA



WELCOME DRINK

Spanish Citrus Sangria

.....

WELCOME SNACK

Aceitunas Aliñadas

Spanish Citrus & Herb-Marinated Olives

.....



AMUSE-BOUCHE

Mini Albóndiga Española

Spanish beef meatball

.....



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.....

SWEET FINALE

Churros with Cinnamon

Spanish Hot Chocolate

Ice Cream

.....



¡BUEN PROVECHO!



MINI ALBÓNDIGA ESPAÑOLA

Spanish Beef Meatballs with Smoky Tomato Sauce

YIELD: 20 MINI MEATBALLS | 2 PER GUEST • SERVES: 10 AS A SMALL SNACK
FOOD JAMS CATERING | MEP RECIPE

Juicy little Spanish-style beef meatballs flavoured with garlic, parsley and smoked paprika, served in a rich tomato sauce. Designed as a two-bite catering snack that can be prepared ahead and reheated beautifully for service.

INGREDIENTS

MINI BEEF MEATBALLS

- 600 g beef mince
- 1 small onion – very finely grated
- 2 garlic cloves – finely grated
- 1 egg
- 50 g fine breadcrumbs
- 30 ml milk
- 2 tbsp flat-leaf parsley – finely chopped
- 1 tsp sweet smoked paprika
- ½ tsp ground cumin
- 1 tsp fine salt
- ½ tsp black pepper
- Olive oil, for searing

SMOKY TOMATO SAUCE

- 30 ml olive oil
- 1 small onion – finely diced
- 2 garlic cloves – finely chopped
- 1 tbsp tomato paste
- 400 g tinned chopped tomatoes
- 1 tsp sweet smoked paprika
- ½ tsp smoked paprika
- ½ tsp sugar
- 50 ml water
- Fine salt, to taste
- Black pepper, to taste

TO FINISH

- Flat-leaf parsley – finely chopped
- Extra virgin olive oil
- Small pinch smoked paprika
- Cocktail sticks, for service

METHOD

1 PREP THE MEATBALL MIXTURE



- Combine the breadcrumbs and milk and leave to soften for 2–3 minutes.
- Add the beef mince, grated onion, garlic, egg, parsley, smoked paprika, cumin, salt and pepper.
- Mix gently until everything is evenly incorporated.
- DO NOT OVERWORK THE MINCE – this will make the meatballs dense.

2 ROLL THE ALBÓNDIGAS



- Divide the mixture into approximately 20 x 30 g portions.
- Roll gently into neat, bite-sized balls.
- Place onto a lined tray.
- Refrigerate for 20–30 minutes to firm up before cooking.

3 SEAR



- Heat a large frying pan over medium-high heat with a little olive oil.
- Add the meatballs in batches, leaving space between them.
- Sear until beautifully browned on all sides.
- They do not need to be completely cooked through at this stage.
- Remove and set aside.

FOOD JAMS TIP

We want colour here.
A beautifully caramelised outside gives the albóndigas their deep savoury flavour.

4 BUILD THE TOMATO SAUCE



- In the same pan, reduce the heat to medium.
- Add the olive oil and onion. Cook for 4–5 minutes until soft and translucent.
- Add the garlic and cook for 30 seconds.
- Add the tomato paste and cook for another minute.
- Add the chopped tomatoes, both paprikas, sugar and water.
- Season lightly with salt and black pepper.
- Simmer gently for 10–12 minutes, until rich and slightly reduced.

5 FINISH THE MEATBALLS



- Return the browned meatballs to the tomato sauce.
- Spoon the sauce over them.
- Cover partially and simmer gently for 8–10 minutes, or until the meatballs are cooked through.
- The sauce should be thick enough to coat the meatballs rather than drown them.
- Taste and adjust the seasoning.



FOOD JAMS MEP DAY BEFORE

- ✓ Prepare and roll meatballs.
- ✓ Sear until beautifully browned.
- ✓ Prepare tomato sauce.
- ✓ Finish meatballs in the sauce.
- ✓ Cool quickly and refrigerate covered.



EVENT DAY

- ✓ Reheat the albóndigas gently in their sauce until piping hot throughout.
- ✓ If the sauce has thickened too much overnight, loosen with a small splash of water.
- ✓ Taste and adjust seasoning.
- ✓ Hold hot for service according to Food Jams catering food-safety procedures.

TO SERVE

Serve 2 mini albóndigas per guest.
For canapé-style service, place a small spoonful of smoky tomato sauce into a canapé dish, top with 2 meatballs and secure with a cocktail stick.

Finish with:

- ✓ A little chopped parsley
- ✓ A tiny drizzle of extra virgin olive oil
- ✓ A whisper of smoked paprika



FOOD JAMS CATERING NOTE

For a larger Spanish spread with several snacks, 2 x 30 g meatballs per guest is generous. If these are being served as a roaming canapé alongside many other bites, make them slightly smaller at 20–25 g each and serve one per guest per pass.

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ACEITUNAS ALIÑADAS

Spanish Citrus & Herb-Marinated Olives

YIELD: 10 SMALL SNACK PORTIONS • FOOD JAMS CATERING | MEP RECIPE

A simple Spanish bar snack of glossy mixed olives marinated with fresh citrus, garlic, herbs and warm spices. Best prepared ahead so the olives have time to soak up all those beautiful flavours.



INGREDIENTS

OLIVES

- 500 g mixed green and black olives, drained
- 2 garlic cloves, lightly crushed
- 1 orange
- 1 lemon
- 2 sprigs fresh rosemary
- 4 sprigs fresh thyme
- 1 tsp coriander seeds, lightly crushed
- 1 tsp fennel seeds, lightly crushed
- ½ tsp sweet smoked paprika
- ¼ tsp chilli flakes
- 60 ml extra virgin olive oil
- 15 ml sherry vinegar
- Freshly cracked black pepper, to taste
- Small pinch flaky salt, only if needed



1. PREP THE CITRUS



- Using a vegetable peeler, remove 3–4 strips of zest from both the orange and lemon, avoiding too much bitter white pith.
- Juice ½ the orange and ½ the lemon.
- Keep the remaining citrus for another use.

2. TOAST THE SPICES



- Place the coriander and fennel seeds in a small dry pan.
- Toast gently for 30–60 seconds until fragrant.
- Lightly crush.

3. BUILD THE MARINADE



- Add the olive oil, garlic, citrus zest, rosemary, thyme, toasted spices, smoked paprika and chilli flakes to the pan.
- Warm very gently for 1–2 minutes. Do not fry or brown the garlic.
- Remove from the heat.
- Stir through the sherry vinegar and 30 ml combined citrus juice.

4. MARINATE



- Place the drained olives in a clean container.
- Pour the warm marinade over the olives and toss well.
- Add a generous crack of black pepper.
- Taste before adding any salt – the olives will already bring plenty of seasoning.
- Cover and refrigerate for at least 4 hours, preferably overnight.



FOOD JAMS MEP DAY BEFORE

- ✓ Drain olives.
- ✓ Prepare citrus and herbs.
- ✓ Toast spices.
- ✓ Make marinade.
- ✓ Combine and refrigerate overnight.



BEFORE SERVICE

- Remove olives from the fridge 30–45 minutes before serving.
- Toss thoroughly to redistribute the marinade.
- Taste and adjust with a little fresh lemon juice or olive oil if needed.
- Remove any large woody herb stems if presentation requires.

TO SERVE

Portion approximately 50 g per guest into small bowls or place communally as part of the Spanish snack offering. Spoon a little of the citrus-herb oil over the olives and garnish with a few pieces of the marinated citrus zest and fresh thyme. Serve at room temperature – never fridge-cold.



FOOD JAMS CATERING NOTE

For an event with several snacks or canapés, 500 g is generous for 10 guests and allows approximately 6–8 olives per person depending on size. Prepare the day before whenever possible – these get better with time.



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CHICKEN PAELLA

SAFFRON RICE WITH CHARRED CHICKEN, PEPPERS, TOMATO & SMOKED PAPRIKA

Serves 10 as part of your Spanish feast

Golden saffron rice, beautifully seared chicken, sweet peppers and rich tomato, finished with smoked paprika and fresh lemon. Our version is all about building flavour in layers and mastering that irresistible crispy base: the socarrat.



SOCARRAT = CRISPY GOLDEN GOODNESS!

INGREDIENTS

CHICKEN

- 1.5 kg boneless, skinless chicken thighs – cut into generous bite-sized pieces
- 1 tsp fine salt
- ½ tsp black pepper
- 1 tsp sweet smoked paprika



PAELLA

- 750 g paella or bomba rice
- 2 L hot chicken stock
- 0.3 g saffron threads – a generous pinch
- 2 red peppers – sliced
- 2 yellow peppers – sliced
- 2 medium onions – finely diced
- 6 garlic cloves – finely chopped
- 500 g ripe tomatoes – grated



- 2 tbsp tomato paste
- 2 tbsp sweet smoked paprika
- 1 tsp sweet paprika
- 100 ml olive oil
- Fine salt, to taste
- Black pepper, to taste



TO FINISH

- 3 fresh lemons – cut into wedges
- 1 bunch flat-leaf parsley – roughly chopped
- Extra virgin olive oil
- Sweet smoked paprika



≡ **LET'S COOK!** *Today we're mastering two brilliant techniques: **SOFRITO + SOCARRAT***

1 BLOOM THE SAFFRON

- Take approx. 150 ml of your hot chicken stock and add saffron.
- Leave to infuse for 5–10 minutes while you prep the rest.
- Watch as the stock turns a beautiful deep golden colour.



FOOD JAMS TIP Warm liquid helps saffron release its gorgeous colour, aroma and flavour.

2 SEASON + SEAR

- Season chicken with salt, pepper and smoked paprika.
- Heat olive oil in your paella pan over medium-high heat.
- Add chicken in a single layer. **DON'T MOVE IT!** Let it develop a golden crust before turning.
- Sear until caramelised (doesn't need to be cooked through). Remove and set aside.



FOOD JAMS TIP
Colour = flavour.
Give your chicken time to caramelise.

3 BUILD YOUR SOFRITO

- Reduce heat slightly and add onions and peppers. Cook 5–7 mins until softened and starting to caramelise.
- Add garlic and cook 30–60 secs.
- Add tomato paste and cook 1 min.
- Add grated tomato, smoked paprika and sweet paprika.
- Cook gently 5–8 mins until rich, thick and fragrant.



You're looking for:
SWEET → SAVOURY →
SMOKY → RICH

REMEMBER Don't rush your sofrito. This is the flavour foundation of your paella.

4 TOAST THE RICE

- Add paella rice into the sofrito.
- Stir for 1–2 mins until every grain is coated in the rich tomato mixture.
- Return the chicken and all those delicious resting juices to the pan.



FOOD JAMS TIP
Toasting the rice before adding the stock gives your paella another layer of flavour.

5 ADD THE STOCK

- Pour in the saffron-infused stock followed by the remaining hot chicken stock.
- Gently spread chicken, peppers and rice evenly across the pan.
- Bring to a lively simmer. Taste and adjust seasoning.
- **NOW comes the important part: STOP STIRRING!**
- Unlike risotto, paella wants beautifully defined grains.



REMEMBER
Taste first. Adjust second. Then leave it alone.

6 SIMMER

- Cook uncovered for 18–22 mins.
- Keep a good simmer for the first 8–10 mins, then reduce to medium-low.
- Rotate the pan occasionally if your heat source is uneven.
- **DO NOT STIR THE RICE.**
- If rice becomes too dry before it's cooked, add a little extra hot stock around the edges.



7 CREATE THE SOCARRAT

- When rice is tender and almost all the liquid has disappeared, increase the heat slightly.
- Cook for another 30–60 seconds. Now use your ears.
- Listen for a gentle **CRACKLE** from the bottom of the pan.
- That's your socarrat – the prized golden, crispy layer of rice!



FOOD JAMS TIP
Your ears are your timer. Gentle crackle = socarrat. Burning smell = too far!

8 REST

- Remove the paella from the heat.
- Cover loosely and rest for **5–8 MINUTES**.
- This allows the rice to settle and absorb the last of those beautiful flavours.



9 TASTE + FINISH

- Taste together. Check: **SALT? • SMOKE? • LEMON?**
- Make your final adjustment.
- Scatter generously with fresh parsley.
- Finish with lemon wedges, a drizzle of extra virgin olive oil and a light dusting of smoked paprika.
- Bring the whole paella pan straight to the table and **SHARE!**



THE FOOD JAMS CHALLENGE

- Can your team create the perfect SOCARRAT without burning it?
- You're looking for beautifully cooked individual grains of saffron rice with a thin, golden and crispy layer hiding underneath.

¡BUEN PROVECHO!



VEGETARIAN PAELLA

SAFFRON RICE WITH MUSHROOMS, PEPPERS, PEAS, TOMATO & SMOKED PAPRIKA

Serves 10 as part of your Spanish feast



Golden saffron rice layered with deeply caramelised mushrooms, sweet peppers, rich tomato and vibrant peas, finished with smoked paprika and fresh lemon. Our version is all about building bold flavour in layers and mastering that irresistible crispy base: the socarrat.

SOCCARRAT =
CRISPY GOLDEN
GOODNESS!



INGREDIENTS

MUSHROOMS

- 1 kg mixed mushrooms – sliced or torn
- 1 tsp fine salt
- ½ tsp black pepper
- 1 tsp sweet smoked paprika
- Olive oil, for searing



PAELLA

- 750 g paella or bomba rice
- 2 L hot vegetable stock
- 0.3 g saffron threads – a generous pinch
- 2 red peppers – sliced
- 2 yellow peppers – sliced
- 2 medium onions – finely diced
- 6 garlic cloves – finely chopped
- 500 g ripe tomatoes – grated



- 2 tbsp tomato paste
- 2 tbsp sweet smoked paprika
- 1 tsp sweet paprika
- 300 g frozen peas
- 100 ml olive oil
- Fine salt, to taste
- Black pepper, to taste



TO FINISH

- 3 fresh lemons – cut into wedges
- 1 bunch flat-leaf parsley – roughly chopped
- Extra virgin olive oil
- Sweet smoked paprika



LET'S COOK! Today we're mastering three brilliant techniques: **CARAMELISATION + SOFRITO + SOCCARRAT**

1 BLOOM THE SAFFRON

- Take approx. 150 ml of your hot vegetable stock and add saffron.
- Leave to infuse for 5–10 minutes while you prep the rest.
- Watch as the stock turns a beautiful deep golden colour.



FOOD JAMS TIP Warm liquid helps saffron release its gorgeous colour, aroma and flavour.

2 SEASON + CHAR THE MUSHROOMS

- Season mushrooms with salt, pepper and smoked paprika.
- Heat olive oil in your paella pan over medium-high heat.
- Add mushrooms in a single layer. **DON'T CROWD THE PAN!** Give them space to caramelise.
- Sear until deeply golden around the edges. Remove and set aside.



FOOD JAMS TIP Deep golden colour = maximum flavour.

3 BUILD YOUR SOFRITO

- Reduce heat slightly and add onions and peppers. Cook 5–7 mins until softened and starting to caramelise.
- Add garlic and cook 30–60 secs.
- Add tomato paste and cook 1 min.
- Add grated tomato, smoked paprika and sweet paprika.
- Cook gently 5–8 mins until rich, thick and fragrant.



You're looking for:
SWEET → SAVOURY →
SMOKY → RICH

REMEMBER Don't rush your sofrito. This is the flavour foundation of your paella.

4 TOAST THE RICE

- Add paella rice into the sofrito.
- Stir for 1–2 mins until every grain is coated in the rich tomato mixture.
- Return about two-thirds of the mushrooms to the pan.



FOOD JAMS TIP Toasting the rice before adding the stock gives your paella another layer of beautiful nutty flavour.

5 ADD THE STOCK

- Pour in the saffron-infused stock followed by the remaining hot vegetable stock.
- Gently spread mushrooms, peppers and rice evenly across the pan.
- Bring to a lively simmer. Taste and adjust seasoning.
- **NOW comes the important part: STOP STIRRING!**
- Unlike risotto, paella wants beautifully defined grains.



REMEMBER Taste first. Adjust second. Then leave it alone.

6 SIMMER + ADD THE PEAS

- Cook uncovered for 18–22 mins.
- Keep a good simmer for the first 8–10 mins, then reduce to medium-low.
- After 12–15 mins, scatter peas evenly over the paella.
- Add the remaining mushrooms across the top.
- Rotate the pan occasionally if your heat source is uneven.
- **DO NOT STIR THE RICE.**
- If rice becomes too dry before it's cooked, add a little extra hot stock around the edges.



7 CREATE THE SOCCARRAT

- When rice is tender and almost all the liquid has disappeared, increase the heat slightly.
- Cook for another 30–60 seconds. Now use your ears.
- Listen for a gentle **CRACKLE** from the bottom of the pan.
- That's your socarrat – the prized golden, crispy layer of rice!



FOOD JAMS TIP Your ears are your timer. Gentle crackle = socarrat. Burning smell = too far!

8 REST

- Remove the paella from the heat.
- Cover loosely and rest for **5–8 MINUTES**.
- This allows the rice to settle and absorb the last of those beautiful flavours.



5-8 MINUTES

9 TASTE + FINISH

- Taste together. Check: **SALT? • SMOKE? • LEMON?**
- Make your final adjustment.
- Scatter generously with fresh parsley.
- Finish with lemon wedges, a drizzle of extra virgin olive oil and a light dusting of smoked paprika.
- Bring the whole paella pan straight to the table and **SHARE!**



THE FOOD JAMS CHALLENGE

- Can your team create deeply golden mushrooms AND the perfect SOCCARRAT without burning it?
- You're looking for beautifully cooked individual grains of saffron rice, pops of sweet peas, smoky peppers and caramelised mushrooms, with a thin, golden and crispy layer hiding underneath.

¡BUEN PROVECHO!



PISTO MANCHEGO

Slow-Cooked Aubergine, Courgette & Peppers
with Rich Tomato and Spanish Olive Oil

Serves 10 as part of your Spanish feast

A colourful Spanish vegetable dish packed with aubergine, courgette, sweet peppers and tomato. The secret is simple: give each vegetable time to caramelise, then bring everything together with beautiful olive oil.

RICH
COLOURFUL
MEDITERRANEAN
GOODNESS!

INGREDIENTS

VEGETABLES

- 2 large aubergines – cut into 2 cm cubes
- 3 medium courgettes – cut into 2 cm cubes
- 2 red peppers – cut into 2 cm pieces
- 2 yellow peppers – cut into 2 cm pieces
- 2 medium onions – finely diced
- 5 large garlic cloves – finely chopped

TOMATO BASE

- 800 g ripe tomatoes – grated, or good-quality crushed tomatoes
- 2 tbsp tomato paste
- 1 tsp sweet smoked paprika
- 1 tsp sweet paprika
- 1 tsp brown sugar – only if your tomatoes need it
- Fine salt, to taste
- Freshly ground black pepper, to taste

TO COOK + FINISH

- 120 ml Spanish extra virgin olive oil
- 1 small bunch flat-leaf parsley – roughly chopped
- Extra Spanish olive oil, for finishing

➤ LET'S COOK! Today we're mastering two brilliant techniques: **CARAMELISE + REDUCE** ◀

1 START WITH THE AUBERGINE

- Heat a large, wide pan over medium-high heat with a generous splash of olive oil.
- Add aubergine in a single layer.
- Season lightly with salt.
- Let it cook without constantly moving it. Turn once golden and cook until caramelised and just tender.
- Remove and set aside.
- Work in batches if necessary.

FOOD JAMS TIP

Aubergine loves olive oil, but don't drown it! Hot pan + patience = golden aubergine.

2 CARAMELISE THE COURGETTE

- Add another splash of olive oil.
- Add the courgette and spread it out.
- Allow it to develop some beautiful golden colour before tossing.
- Cook until caramelised but still holding its shape.
- Remove and set aside with the aubergine.

REMEMBER

We're building layers of flavour, not boiling vegetables.

3 SWEETEN THE PEPPERS

- Add the onions and peppers with another splash of olive oil.
- Cook over medium heat for 6–8 minutes.
- Allow the onions to soften and the peppers to become sweet and lightly caramelised.
- Add the garlic and cook for another 30–60 seconds.
- Your kitchen should now smell incredible.

FOOD JAMS TIP

Your nose is your timer.

4 BUILD YOUR TOMATO BASE

- Add the tomato paste and cook for 1 minute.
- Add the grated or crushed tomatoes.
- Stir through the smoked paprika and sweet paprika.
- Season with salt and pepper.
- Simmer gently for 8–10 minutes until rich, thick and glossy.
- Taste.

You're looking for:

SWEET → SAVOURY → RICH → GENTLY SMOKY

If your tomatoes are particularly acidic, add a little brown sugar.

REMEMBER Taste first. Adjust second.

5 BRING IT ALL TOGETHER

- Return the golden aubergine and courgette to the pan.
- Gently fold everything through the tomato and pepper mixture.
- Reduce the heat and simmer together for 8–10 minutes.
- Stir occasionally, but be gentle – we want to keep those gorgeous pieces of vegetables intact.
- If the mixture becomes too dry, add a small splash of water.

6 TASTE + ADJUST

- Taste together.
- Check: **SALT?** • **SWEETNESS?** • **SMOKE?** • **ACIDITY?**
- Adjust the seasoning until everything feels beautifully balanced.
- The vegetables should be tender and coated in a rich tomato sauce without becoming mushy.

7 FINISH WITH SPANISH OLIVE OIL

- Remove the pisto from the heat.
- Drizzle generously with beautiful extra virgin olive oil.
- Scatter over the fresh parsley.
- Give everything one final gentle fold.

FOOD JAMS TIP

Olive oil isn't only for cooking – adding a little at the end brings freshness, richness and that unmistakable Mediterranean flavour.

8 SERVE

- Spoon generously into a beautiful sharing dish.
- Finish with one final drizzle of Spanish olive oil.
- Serve warm alongside your Chicken Paella, Patatas Bravas and the rest of your Spanish feast.

THE FOOD JAMS
CHALLENGE



- Can your team get every vegetable **GOLDEN + TENDER** while still keeping its shape?
- The perfect pisto should be rich and rustic, with each vegetable still bringing its own flavour and texture to the party.

¡BUEN
PROVECHO!

PATATAS BRAVAS

Crispy Skin-On Potatoes • Handmade Garlic Aioli
• Smoked Spanish Paprika

≡ Serves 10 as part of your Spanish feast ≡

Rustic Spanish-style patatas bravas inspired by the lively tapas bars of Madrid — golden potatoes with their skins left on for extra texture, roasted until crisp and served with creamy handmade garlic aioli and smoky Spanish paprika. The potatoes are parboiled by Food Jams, ready for you to season, roast and transform into the perfect sharing dish.



Creamy garlic aioli & smoky paprika!

INGREDIENTS

CRISPY POTATOES

- 2 kg baby or medium potatoes — skins on, parboiled by Food Jams
- 80 ml neutral oil
- 2 tsp sweet smoked paprika
- 1 tsp fine salt
- Freshly ground black pepper, to taste



HANDMADE GARLIC AIOLI

- 2 large egg yolks
- 2 garlic cloves — finely grated or crushed
- 2 tsp Dijon mustard
- 20 ml fresh lemon juice
- 250 ml neutral oil
- 30 ml extra virgin olive oil
- Fine salt, to taste



TO FINISH

- Sweet smoked paprika
- Fresh flat-leaf parsley — roughly chopped
- Spanish extra virgin olive oil



➤ LET'S COOK! Today we're mastering two brilliant techniques: **ROAST + EMULSIFY** ➤

1 PREP YOUR POTATOES

- Preheat oven to 220°C.
- Potatoes are parboiled by Food Jams with skins on.
- Cut larger potatoes into rustic bites if needed.
- Rough up the edges with your hands or by tossing.
- Keep those beautiful skins intact!

FOOD JAMS TIP

Rough edges create more surface area, and more surface area means **MORE CRUNCH**.



2 SEASON

- Place potatoes in a large bowl.
- Add olive oil, smoked paprika, salt and black pepper.
- Toss gently until every potato is coated.
- Taste and adjust seasoning.
- *You're looking for:* **SALTY → SMOKY → SAVOURY**
- **REMEMBER** Good potatoes need confident seasoning.



3 ROAST UNTIL GOLDEN

- Spread potatoes on baking trays in a single layer.
- Roast for 30–40 minutes.
- Turn halfway through.
- Keep roasting until deeply golden and crisp.
- *You're looking for:* **CRISPY OUTSIDE → FLUFFY INSIDE**

FOOD JAMS TIP Space is your friend. Crowded potatoes steam; spaced potatoes roast.



4 START YOUR AIOLI

- In a large bowl add egg yolks, garlic, Dijon mustard and lemon juice.
- Whisk until smooth.
- Add a small pinch of salt.
- Get ready to turn a few simple ingredients into something magical.

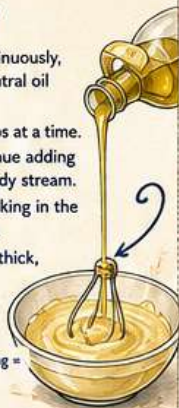


5 EMULSIFY

- While whisking continuously, begin adding the neutral oil **VERY SLOWLY**.
- Start with a few drops at a time.
- As it thickens, continue adding the oil in a thin, steady stream.
- Finish by slowly whisking in the extra virgin olive oil.
- Keep whisking until thick, creamy and glossy.

FOOD JAMS TIP

Slow oil + constant whisking = a beautiful emulsion.



6 TASTE + ADJUST

- Taste your aioli together.
- Check: **SALT? • GARLIC? • LEMON?**
- Adjust until creamy, punchy and balanced.
- If too thick, whisk in 1–2 tsp cold water.
- *You're looking for:* **CREAMY → GARLICKY → BRIGHT → RICH**

REMEMBER Taste first. Adjust second.



7 CHECK YOUR POTATOES

- Remove potatoes when beautifully golden and crisp.
- Taste one while hot.
- Check: **SALT? • SMOKE? • CRUNCH?**
- Add another pinch of salt or smoked paprika if needed.

FOOD JAMS TIP

Season your potatoes while they're still piping hot.



8 DRESS + FINISH

- Pile potatoes onto a sharing platter.
- Spoon aioli over and around, leaving crispy edges exposed.
- Dust generously with smoked Spanish paprika.
- Scatter with fresh parsley.
- Drizzle with Spanish extra virgin olive oil.
- Bring the platter to the table and share — exactly as good tapas should be enjoyed.



THE FOOD JAMS CHALLENGE



- Patatas bravas is all about contrast.
- Can your team create the perfect balance of **CRISP POTATO → CREAMY AIOLI → SMOKY PAPRIKA?**
- Keep those potatoes beautifully rustic, those skins crisp and that aioli silky.

¡BUEN PROVECHO!



ENSALADA DE NARANJA, HINOJO Y ACEITUNAS

Orange • Fennel • Spanish Olives • Fresh Herbs • Citrus Vinaigrette

⇒ Serves 10 as part of your Spanish feast ⇒

A vibrant Spanish-inspired salad where sweet, juicy orange meets crisp fennel, salty green olives and fragrant fresh herbs.

Finished with Spanish olive oil and a bright citrus vinaigrette, it brings freshness, crunch and a lively burst of flavour to your Spanish feast.

BRIGHT
FRESH
CRUNCHY
BEAUTIFUL!



INGREDIENTS

SALAD

- 3 large oranges
- 1 large fennel bulb – approx. 300–350 g, fronds reserved
- 80 g green Spanish olives – pitted
- ½ small red onion – very thinly sliced
- 15 g flat-leaf parsley – leaves picked
- 10 g fresh mint – leaves picked



CITRUS VINAIGRETTE

- 40 ml extra virgin olive oil
- 15 ml apple cider vinegar
- 15 ml fresh orange juice – reserved from the oranges
- ½ tsp Dijon mustard
- ½ tsp honey
- ¼ tsp fine salt
- Freshly ground black pepper, to taste



TO FINISH

- 10 ml extra virgin olive oil
- Reserved fennel fronds
- Flaky sea salt
- Freshly ground black pepper



⇒ LET'S COOK! Today we're mastering two brilliant techniques: **SEGMENT + BALANCE** ⇒

1 SEGMENT THE ORANGES

- Slice a little from the top and bottom of each orange.
- Remove the peel and all of the bitter white pith.
- Hold the orange over a bowl to catch the juices.
- Slice between the membranes to release clean segments.
- Place the segments aside and reserve 15 ml of the fresh orange juice for your vinaigrette.

FOOD JAMS TIP

Let your knife follow the shape of the fruit. You're looking for beautiful, clean segments with no bitter white pith.



2 SHAVE THE FENNEL

- Remove any tough outer layers from the fennel.
- Keep the feathery fronds for your garnish.
- Cut the fennel in half through the root.
- Slice the fennel as finely as you possibly can.

FOOD JAMS TIP

Thin fennel = delicate crunch + beautiful presentation.



3 PREP THE OLIVES + HERBS

- Gently crush or tear the Spanish olives in half.
- Slice the red onion beautifully thin.
- Pick the parsley and mint leaves.
- Keep the herbs mostly whole rather than chopping.
- This salad should feel **FRESH → COLOURFUL → GENEROUS**.



4 BUILD YOUR CITRUS VINAIGRETTE

- Place the vinegar, reserved orange juice, Dijon mustard and honey into a bowl.
- Add salt and black pepper.
- Whisk together.
- Slowly drizzle in the olive oil while whisking continuously until glossy and combined.
- You're looking for: **CITRUSY → BRIGHT → FRUITY → SAVOURY**.



5 TASTE + BALANCE

- Dip a piece of fennel into your vinaigrette and taste.
- Check: **SALT? • ACIDITY? ORANGE? • OLIVE OIL?**
- Too sharp? Add more olive oil or orange juice.
- Too sweet? Add a tiny splash of vinegar.
- Too flat? Add a little salt.



REMEMBER
Taste first.
Adjust second.



6 BUILD YOUR SALAD

- Arrange the shaved fennel across a large sharing platter.
- Nestle the orange segments between the fennel.
- Scatter over the olives and sliced red onion.
- Add the parsley and mint.
- Keep a few of your prettiest orange segments, olives and herbs aside for the final presentation.

FOOD JAMS TIP

Build upwards rather than pressing everything down. Keep it light, colourful and fresh.



7 DRESS + FINISH

- Dress the salad just before serving.
- Spoon the citrus vinaigrette over the salad.
- Using your hands, gently bring everything together without breaking the segments.
- Arrange the reserved orange, olives and herbs on top.
- Finish with fennel fronds, 10 ml olive oil, flaky sea salt and black pepper.



8 TASTE TOGETHER

- Take a bite containing **ORANGE + FENNEL + OLIVE**.
- That's where the magic happens.
- Check: **SWEET? • CRUNCHY? BRINY? • BRIGHT?**
- Make your final adjustment and take it straight to the table.



Share the love!

THE FOOD JAMS CHALLENGE



- This salad is all about **BALANCE + KNIFE SKILLS**.
- Can your team shave the fennel beautifully thin and balance **SWEET ORANGE → CRISP FENNEL → SALTY OLIVE → BRIGHT CITRUS?**
- Every ingredient should have its moment, but no single flavour should take over.

¡BUEN PROVECHO!





CHURROS

with Spiced Dark Chocolate

CINNAMON-SUGAR CHURROS
WITH WARM ORANGE & CINNAMON DARK CHOCOLATE SAUCE

YIELD: 30 SMALL CHURROS | 3 PER GUEST • SERVES: 10 AS A DESSERT
FOOD JAMS CATERING | MEP RECIPE



INGREDIENTS

CHURROS

- 300 ml water
- 60 g unsalted butter
- 1 tbsp white sugar
- ½ tsp fine salt
- 200 g cake flour
- 3 large eggs, lightly beaten (approximately 150 g)
- 1 tsp vanilla extract
- Neutral oil, for frying



CINNAMON SUGAR

- 150 g castor sugar
- 2 tsp ground cinnamon
- Small pinch fine salt



SPICED DARK CHOCOLATE SAUCE

- 300 g 70% dark chocolate, finely chopped
- 400 ml fresh cream
- 200 ml full-cream milk
- 40 g brown sugar
- 1 cinnamon stick
- Zest of 1 orange (removed in wide strips)
- 1 tsp vanilla extract
- Small pinch fine salt



METHOD

1 MAKE THE CINNAMON SUGAR

- Combine the castor sugar, cinnamon and salt in a wide bowl or tray.
- Mix well and set aside.



2 MAKE THE CHURRO DOUGH

- Place the water, butter, sugar and salt into a saucepan. Bring to the boil.
- Add all the flour at once.
- Stir vigorously over medium heat for 1–2 minutes until the mixture comes together and a film forms on the base.
- Remove from heat and cool for 3–5 minutes.



3 ADD THE EGGS

- Transfer the warm dough to a mixing bowl.
- Add the beaten egg a little at a time, mixing well after each addition.
- Add the vanilla.
- Mix until smooth, glossy and pipeable.



FOOD JAMS TIP

Don't add all the egg at once. You may not need every last drop.

4 GET READY TO PIPE

- Transfer to piping bag fitted with a large star nozzle.
- Heat the oil to 175–180°C.
- Have cinnamon sugar and a tray lined with paper towels ready.



5 FRY THE CHURROS

- Pipe 10–12 cm lengths into the hot oil, cutting with scissors.
- Fry a few at a time until deeply golden and crisp.
- Drain on paper towels.



6 CINNAMON-SUGAR MAGIC

- Toss the hot churros through the cinnamon sugar while still warm.
- This is important – the sugar sticks beautifully while the churros are warm.



THE PERFECT CHURRO

CRISP OUTSIDE
LIGHT INSIDE
DEEPLY GOLDEN
CINNAMON-DUSTED
SERVED HOT



7 INFUSE THE CREAM

- Place the cream, milk, brown sugar, cinnamon stick and orange zest into a saucepan.
- Heat gently until steaming and just below boiling.
- Remove from heat.
- Cover and leave to infuse for 10 minutes.



8 MAKE THE CHOCOLATE SAUCE

- Place the chopped dark chocolate into a heatproof bowl.
- Remove the cinnamon and orange zest from the warm cream mixture.
- Pour the warm cream over the chocolate.
- Leave untouched for 1 minute.
- Stir gently from the centre outwards until completely smooth and glossy.
- Stir in the vanilla and a small pinch of salt.



CONSISTENCY

The sauce should be:
GLOSSY
SILKY
RICH
POURABLE

FOOD JAMS TIP

Once the chocolate has been added, don't boil the sauce. If reheating, warm it gently over low heat or a bain-marie.



FOOD JAMS MEP

DAY BEFORE

- ✓ Make the cinnamon sugar and store airtight.
- ✓ Prepare the chocolate sauce.
- ✓ Cool, cover and refrigerate.
- ✓ Prepare orange zest for garnish if required.

EVENT DAY

- ✓ Prepare the churro dough.
- ✓ Transfer to piping bags fitted with star nozzles.
- ✓ Refrigerate until required.
- ✓ Set up the frying station.
- ✓ Reheat the chocolate sauce gently.

JUST BEFORE SERVICE

- ✓ Bring the oil to 175–180°C.
- ✓ Fry the churros in small batches.
- ✓ Drain briefly.
- ✓ Toss immediately in cinnamon sugar.
- ✓ Serve hot and crisp.

TO SERVE

Serve 3 small churros per guest with approximately 50–60 ml warm spiced dark chocolate sauce for dipping.

Pile the churros onto a small plate or bowl and serve the warm chocolate alongside.

Finish with finely grated fresh orange zest.



FOOD JAMS CATERING NOTE

For 10 guests, aim for approximately 30 churros, with a little extra dough as your production buffer.

Churros wait for nobody! They are at their absolute best fresh from the fryer.

If serving as part of a larger Spanish feast, 2 churros per guest is plenty. For a more generous standalone dessert, serve 3 per guest.



FOOD JAMS STANDARD

- ♥ The guest should experience:
- ♥ HOT + CRISP
- ♥ CINNAMON + ORANGE
- ♥ DARK CHOCOLATE + VANILLA
- ♥ CRUNCH + SILKY SAUCE



A joyful, slightly messy, completely dunkable finish to your *Viva España* feast.





¡GRACIAS!

THANK YOU FOR JAMMING WITH US

Thank you for joining us around the Food Jams table. We hope you leave with full bellies, a few new kitchen tricks, plenty of good memories — and recipes you'll want to cook again and again.

Take this recipe pack home, make it your own, add a little extra of what you love, invite your favourite people over and keep the jam going.

☀️ *Cook together. Laugh together. Eat together.* ☀️
THAT'S THE FOOD JAMS WAY.

☀️ OUR STORY ☀️

Food Jams began in Cape Town on 4 February 2010, when Jade de Waal invited a group of friends into her parents' kitchen, turned up the music and suggested they cook together instead of following a traditional cooking class.

What began as one evening of food, music and friends became a weekly gathering — and eventually Food Jams.

Since then, thousands of guests have cooked, celebrated, competed, laughed and gathered around our tables. Through it all, one simple idea has stayed at the heart of what we do:

Food tastes better when it's shared.

Today, Food Jams continues to bring people together through immersive cooking experiences in Cape Town — creating spaces where food is the vehicle, the kitchen is the setting, and connection is the ultimate outcome.

☀️ KEEP JAMMING ☀️

Cook these recipes at home.

Freestyle them.

Make a mess.

Turn up the music.

Invite people you love.

And always make enough to share.

BIG LOVE,
THE FOOD JAMS FAMILY ♥

CAPE TOWN, SOUTH AFRICA

foodjams.co.za



facebook.com/foodjams



[@foodjamsofficial](https://www.instagram.com/foodjamsofficial)

☀️ *¡HASTA LA PRÓXIMA!* ☀️
UNTIL NEXT TIME.