

# English 1, 2 and 3

CFA Joan Carles  
2021-2022

**Autumn  
recipes**

# Autumn chocolates



## INGREDIENTS:

- One piece of chocolate “fondant” 70% Cacaolat,
- Assorted nuts ( walnuts, almonds, raisins...)

## PREPARATION:

- We put a tray with baking paper in the fridge.
- We melt the chocolate in the microwave.
- With a spoon we make portions on the cold tray.
- We put the nuts on top of the portions.
- Leave to cool and after two hours you have the autumn chocolate made.

Enjoy them!

Concepció Pastó

# Quince paste



## INGREDIENTS:

- o 1 kg quince, peeled (it is better to boil them a little), cut them into ten or twelve pieces.
- o Eight hundred gm. sugar
- o 1 tsp. Muscat wine.

## PREPARATION:

- o Cook quince and sugar in a pot with half a litre of water.
- o Bake it with a medium-high heat until tender (25-30 minutes).
- o Then drain, reserving 250 ml cooking liquid and set aside.
- o Then crush it, put it in jars, leave it to rest to compact.
- o And finally, it can be boiled in a bain-marie for its better conservation.



Jordi Serentill

# Apple cake

## INGREDIENTS:

- o 6 apples.
- o 1 glass of sugar
- o 1 glass of oil.
- o 4 eggs.
- o 1 packet of yeast.
- o 2 glasses of flour.

## PREPARATION:

- o Cut the apples into thin slices and finish cutting them as it comes out.
- o Mix all the ingredients with the mixer, except the apples.
- o Spread the mold with butter and after that add a cup of burnout caramel sugar.
- o Place the apples in circles into the mold.
- o Add the dough with the badly cut apples.
- o Put the dough in the oven for 45 minutes at 175°C up and down.





# Baobar

## INGREDIENTS:

- o 2l of water
- o 200g baobar
- o Sugar to taste
- o 5g of vanilla sugar
- o 100g of condensed milk
- o 1 package of tangerine juice

## PREPARATION:

- o Baobar is a typical drink of my country: Senegal.
- o First, the water is boiled. Then in a bowl add the water next to the fruit of the baobar. Beat it. Then, add 1 package of tangerine juice, white sugar and vanilla sugar. Mix them and add some condensed milk too.
- o It's kept in the fridge because it's a cold drink. It's delicious.



# Baobar



Ansoumana Koita

# Sweet potato chips

## INGREDIENTS:

- Orange sweets potato.
- Purple sweets potato.
- Sunflower oil.
- Virgin olive oil.
- Sea salt.



M<sup>a</sup> Teresa Mill

# Panellets

## INGREDIENTS

3 eggs,

divided

zest of

one

small

lemon

1 1/2 cups (300 grams) packed brown sugar

3 1/2 ounces (100 grams) Yukon gold potato, cooked, peeled and  
mashed with a fork

18 ounces (500 grams) almond flour

12 ounces (350 grams) raw pine nuts or finely-chopped  
almonds *(or a 50/50 mix of both)*





# Panellets

## INSTRUCTIONS

- 1 Make the marzipan.** In a large mixing bowl\*, stir together one egg, lemon zest and brown sugar until combined. Add in the mashed (cooked) potato and stir until combined. Gradually add in the almond flour and stir (or you may need to use your hands) the dough until it is completely combined, taking care not to overwork the dough. At this point, you can either begin to roll out the dough. Or you can shape it into a disk, cover it with plastic wrap, and refrigerate for up to 48 hours until ready to use.

# Panellets

- 2 Roll the panellets.** Roll the marzipan dough into 1-inch balls (for the pine nut version) or 1-inch little logs (for the almond version), about 20 grams each. Whisk one egg in a small bowl, and place the pine nuts or almonds in a second bowl. Dip a dough ball into the egg mixture until it is completely coated. Then transfer the dough ball to the bowl of nuts, and use your hands to gently press the nuts so that the entire ball is covered. (This takes some patience and will require you to get your hands dirty, so plan for this step to take some.)

# Panellets

- 3 **Prepare the oven.** Heat the oven to 220° C
- 4 **Brush the panellets.** Place the rolled panellets onto a large parchment-covered baking sheet. Whisk the final egg plus 1 tablespoon of water together in a small bowl. Then brush each of the panellets with the egg wash.
- 5 **Bake.** Bake for 10 minutes, or until the tops of the panellets are lightly golden. (Be sure to keep a close eye on them so that the nuts do not burn.)
- 6 **Serve.** Enjoy the panellets while they are nice and warm. Or you can store them in a sealed container at room temperature for up to 1 week, or freeze for up to 3 months.

# Quince paste

## INGREDIENTS:

- 1 kg of quins
- 700g of sugar
- Cinnamon (optative)
- Water

## PREPARATION:

- Cut the quins in half right down the core.
- Put these halves in a large pot with water, and let them boil around 20 minutes.
- Strain them and let them dry.
- Put out the seeds of the halves and weigh them.
- Put them in the large pot, and blend them with a hand blender and add the sugar (1kg paste/700g sugar).
- Cook it about 40 minutes (While cooking it's important to stir it to dissolve the sugar).
- After that, you take it out of the pot and put it into the mould. Cover it with a plastic wrap.





# Puff pastry and apple roses

## INGREDIENTS:

- o 1 rectangular puff pastry sheet.
- o 2 red apples.
- o 3 spoons full of sugar.
- o 1 teaspoon ground of cinnamon (optional)

## PREPARATION:

- o Cut the apples into quarters, core and slice into half moons.
- o Add the water and sugar to a saucepan. When it comes to a boil, add the apple. Cook it for 2-3 minutes to soften it and be able to handle it better. Remove the apple from the saucepan with a slotted spoon to remove the water.
- o Flour the puff pastry and roll with a rolling pin to make it slightly finer.
- o Cut the puff pastry into wide strips and remove the ragged edges.



# Puff pastry and apple roses

## PREPARATION:

- Cover one edge of each strip (leaving the other half free) lengthwise with the apple slices. Do it so that they protrude a little with the part of the skin facing out.
- Sprinkle a little cinnamon over the apple. Cover half of the half moons with the remaining puff pastry and roll lengthwise. Lightly press the dough so it does not loosen and place them in a muffin tin.
- Put the roses in the oven preheated to 200°C for 30 minutes.
- Serve the apple roses.



# Bissap

## INGREDIENTS:

- o 2l of water
- o 200g bissap
- o sugar to taste
- o 5g of vanilla sugar
- o Fresh Mint
- o 1 package of red fruit powder

## PREPARATION:

- o Bissap is a typical drink of my country: Senegal.
- o First, the water is boiled. Then, in a bowl add the water, next to the flower of the bissap and mint. An hour later, it's leaking. Then add 1 package of red fruit powder, white sugar and vanilla sugar. Mix them all.
- o It's kept in the fridge because it's a cold drink. It's delicious.



# Bissap



Ansoumana Koita



# Chocolate and pumpkin cake

## INGREDIENTS:

- o 5 eggs
  - o 100 ml. orange juice
  - o grated orange peel
  - o 150 ml. oil
  - o 80 grams of cream cheese (Filadelfia type)
  - o 300 grams of pumpkin
  - o 300 grams of sugar
  - o 300 grams of flour
  - o 1 pack and a half of baking powder
  - o 200 grams of white chocolate, to make the cover)
- } One orange



# Chocolate and pumpkin cake

## PREPARATION:

- o 1.- Cut up the pumpkin and bake it in the oven (about 170 degrees)
- o When it's cooked smash it with a fork.
- o 2.- Separate the eggs white from the eggs yolks and sake to snow point (this will be added to the step 7)
- o 3.-Put the sugar in a bowl with the eggs yolks and beat it.
- o 4.- Add the cream cheese and the oil and continue beating.
- o 5.-Add the grated orange peel and the orange juice and stir well. Add the pumpkin to the mixture.
- o 6.- With a strainer sift the flour and baking powder and dropping it in our preparation, mixing well.
- o 7.- Add the white eggs from the second step (do it with a wraparound motion).
- o 8.- Put the preparation into a mold and put it in the oven at 150 degrees, for about 45 minutes approximately .

Tesa Corbella

# Quince paste

## INGREDIENTS:

- o 1 kg quince bio (about 2), without peeling , cored and each cut into small pieces.
- o 800g whole cane sugar bio
- o The juice of a lemon bio

## PREPARATION:

- o Clean the skin of the quince very well, before cutting them into pieces.
- o Let all the ingredients macerate in a clay saucepan (never in analuminum container)
- o The next day put the clay saucepan on the fire and simmer for forty-five minutes in the wood estoves cooking
- o Once the quince is cooked, pass it through a large-hole strainer and then through a small-hole one. (grind without electrical appliances).
- o Finally pour into recycled containers, leave to cool and put it in the fridge.



# Home quince paste



## INGREDIENTS:

- o 1 kilogram of quince.
- o Six hundred and fifty grams of sugar.

## PREPARATION:

- o Chop the quince.
- o Put it in a kettle and add the sugar. Let it rest all night.
- o Cook it sixty minutes.
- o Triturate it with the beater.
- o Put it in a form, to cool.
- o Put it in a refrigerator.

You can eat the quince. Enjoy your meal



# Coconut panellets

## INGREDIENTS:

- 500 grams of grated coconut,
- 500 grams of sugar
- 6 eggs
- Vanilla aroma

## PREPARATION:

- Put al the ingredients in a bowl.
- Mixt it all.
- Put it into the oven at 200°C until you can see that they are golden brown.

I wish you like it!



Carme Gardeñas

# Apple cake

## INGREDIENTS:

- o 6 eggs
- o 5 Golden apples
- o 1 natural yogurt
- o Oil (measure with the yogurt. 1 time)
- o Flour (measure with the yogurt. 3 times)
- o Sugar (measure with the yogurt. 1 time)
- o 1 envelope of Royal yeast
- o Zest of lemon and orange peel

## PREPARATION:

- o Beat the eggs.
- o Add the yogurt, the oil, the sugar and sifted flour.
- o Put two chopped apples inside the dough and beat everything.
- o Put it on an oven tray.
- o Put the 3 apples on top of the dough
- o Bake 30-40 minutes at 200° C



# Fabiola cake

## INGREDIENTS:

- o Marias Gullon.*
- o 100 grams Cadi Butter.*
- o 100 grams of sugar.*
- o Two eggs.*
- o 200 cl. of milk.*
- o 300 grams of cream.*
- o Grated chocolate.*

## PREPARATION:

- o We put the milk in a deep plate. We reserve.*
- o With a fork we mix the butter and the two yolks, when it is well beaten, we add the sugar and mix it well too. We reserve.*
- o On the plate that we have put the milk we toss the cookies from four to four but we only do a few seconds, otherwise they fall apart.*
- o We let them drain to the edge of the plate and then with a spatula we put a little of the beaten egg, another maria cookie and so on until the end.*
- o Then, we add the cream on top of it, or if we prefer we add the two whites beaten to the point of snow.*

I hope you enjoy it!



M<sup>a</sup> Rosa Piñol

# Chocolate hazelnut cake

## INGREDIENTS:



hazelnut



chocolate



milk



eggs



sugar



butter



flour



## PREPARATION:

- In a bowl, stir together the sugar, butter, flour, eggs and milk, mix them for 2 minutes on medium speed of mixer.
- Now add the melted chocolate and crush hazelnut to the mixture.
- Pour evenly into the prepared pans microwave safe.
- Put it in the microwave for 6 minutes at maximum power and after that let it stand for 5 minutes with the microwave off.
- Take it out and serve it.



# Quince jelly



**1 Peeled lemon without the white part or seeds**



**800 g of raw quince with skin (seedless and broken into 3-4 cm pieces)**



**800 g of sugar**

# Quince jelly

## EQUIPMENT



**Thermomix TM31**



**Aluminum container**



**Plastic container**

# Quince jelly

## PREPARATION

**1.-** Put inside the glass of the Thermomix:

- **1 lemon,**
- **400 g of quince**
- **400 g of sugar.**

Mash it **30 sec / speed 5 -10** progressively.

Remove the contents of the glass and place in a bowl. Book.

**2.-** Put **400 g of quince and 400 g of sugar in the glass.**

Mash it **30 sec / speed 5 -10** progressively.

# Quince jelly



**3.-** Add the shredded quince you reserved.

Place the basket on the lid instead of the glass and program **30 min / 100 ° C / speed 5.**

With the spatula, lower the quince to the bottom of the bowl. Divide into aluminum containers and leave to cool uncovered for about two hours.

Reserve in the fridge for at least 4 hours before serve it or put it inside a plastic container with cover and freeze.

# Apple cake



## INGREDIENTS:

- o 1 lemon yoghurt (use the jar as a container)
- o 3 jars of flour.
- o 1 ½ jars of sugar.
- o 1 Royal (powdered yeast)
- o ½ jar of anise
- o ¾ jar of olive oil.
- o 5 eggs.

## PREPARATION:

- o Mix all the ingredients with a blender.
- o Peel 2 or 3 golden apples and cut fine slices.
- o Put the half of mixture in an oven container.
- o Put some fine apple slices.
- o Put on other half of mixture and cover it with some apple slices.
- o Put it into the oven at 180°C.
- o To adorn the cake when it was finished:
  - o In a jar, boil a small glass of sugar with a glass of water and
  - o spoons of cognac.
  - o And cover the cake with this syrup.



# Galician pie

## INGREDIENTS:

- o 1 onion
- o 1 green and 1 red pepper
- o 1 crushed tomato
- o 1 strand of saffron
- o 1 chorizo
- o 1 pastry
- o 1 egg

## PREPARATION:

- o Pre-heat the oven at 180°C. Cut the onion in the julienne way and put it into a pan. Cook it and when it is poached add the green pepper, the red and a strand of saffron. When everything is almost poached add a little bit of the crushed tomato and mix all the ingredients well.
- o Put a baking paper on the oven tray and put a rectangle of pastry. Pierce it with a fork and place all the sauce on top of the pastry. Spread it on top. Put the drained tuna and the chorizo (cut it in small pieces).
- o Cover everything with the other part of the pastry and make a hole in the middle of 1 s. The sides of the pastry are sealed by rolling them and painted them with an egg. Finally we decorate the pastry.
- o We put in the oven to cook for about 35 s and we stop the oven when it is golden.



# Fig jam

## INGREDIENTS:

- o 1kg of figs. Coll de dama.
- o 400g of sugar.
- o The juice of a lemon.

## PREPARATION:

- o We clean the figs well, we chop them and mix them with half of the sugar and the lemon juice. We leave it for an hour, so it can rest.
- o Then we put it on the cooker with the other half of sugar and without stopping stirring, we have it on a low heat for an hour.
- o We put the jam in some sterilized jars and heat them in a bain-marie for 30 minutes.

It is very good to eat it with toast, fresh cheese or butter.

I wish you like it!



# Cod fritters

## INGREDIENTS:

- o Cod
- o Garlic
- o Parsley
- o Eggs
- o Flour
- o Milk
- o Bicarbonate

## PREPARATION:

- o Mosh the desalted cod in the mortar.
- o Add minced garlic, parsley, two eggs a teaspoon of bicarbonate and half glass of milk. Mix all them.
- o Add flour, until it isn't a very thick paste.
- o Take a little bit of the paste with a spoon, roll it and fry it in plenty of oil.



# Cake



## INGREDIENTS:

- 375 grams of rice flour that includes sugar, sodium bicarbonate, starch and xanthan gum.
- 4 large eggs.
- 300 ml of whipping cream.

## PREPARATION:

- Preheat the oven to 200 degrees centigrade (fire up and down)
- Beat the eggs with a pinch of salt in a bowl and add the whipped cream continuously and mix.
- Slowly add the rice flour to the mixture with a spatula until you get a homogeneous dough.
- Pour the dough into the mold previously greased with butter or oil or with baking paper.
- Put the mold in the oven at 180 degrees for 40 minutes (heat only in the lower part)
- After 35 minutes, click to check if it is well cooked, if the skewer does not come out clean, leave for five more minutes.



**Manel Tresánchez**



# Pumpkin “spider” cheesecake

## INGREDIENTS:

- 370 g condensed milk
- 350 g cream cheese
- 200g pumpkin puree
- 3 eggs
- 1/2 tbsp ginger spice
- 1 pinch nutmeg
- 50g de Maizena

## PREPARATION:

- Preheat the oven at 180°
- In a medium bowl, stir together condensed milk, cream cheese, pumpkin puree, the eggs, ginger spice, nutmeg and maicena until everything is mixed.
- Brush with butter a round cake mold and pour the mix in.
- Bake 60 minutes or until the cheesecake is cooked.
- Remove from oven and let it cool .





## "Coca escalivada"

- Ingredients (to make the pasta): Flour, eggs, (and a secret ingredient).
- Ingredients of the "escalivada": Red peppers, aubergine.
- Process: Very thin pasta made with special ingredients. A few strips of red peppers and aubergine placing them on top of the pasta. Bake for 15 minutes.

## "Stuffet Croissant"

- Ingredients: Croissant.
- Stuffing ingredients: Red tomatoes, olive oil and Jabugo ham.
- Process: The croissant is cut crosswise, spread with tomatoe and olive oil, and then put on the Jabugo ham.

## "Brioche" (Pastry bun)

- Ingredients: Mayonnaise, eggs, tuna and vegetables.
- Process: Open the brioche with a knife, spread it with the mayonnaise and then add the garnish.

# "Torrada de Sta Teresa"

- Ingredients: Brioche pasta, butter, milk, sugar, eggs, crystallized vanilla and lemon zest.
- Process: It's a professional secret.

# "Spinach brioche" (Panadó d'espínacs)

- Ingredients for the dough: Flour, olive oil and eggs.
- Stuffing Ingredients: Spinach, pine nuts and raisins.
- Other ingredients: Sugar.
- Process: The dough is made very thin. The stuffing ingredients are fried. The stuffing is wrapped with the dough. Then all-in-one is baked and finally a pinch of sugar is added on top of the brioche.

Pilar Barbera

# Coconut sweets

## INGREDIENTS:

- Half a dozen large eggs
- Half kg. of sugar
- Half Kg grated coconut
- Cupcake wrappers

## PREPARATION:

- Beat the whites area until they are stiff.
- Then, add the sugar and stir.
- Add the yolks and finally the grated coconut.
- Tip: If we see that is too light, we add a handful of ground almonds.
- Put it in the oven, up and down about 20 minutes.



Gemma and Carmen Bernad

# Carrot cake

## INGREDIENTS:

- o 450g sugar
- o 250ml olive oil
- o 4 eggs
- o 225g carrot
- o 225g flour
- o 175g chopped nuts
- o 1 and half teaspoons of bicarbonate of soda
- o 1 and a half teaspoons of baking powder
- o 1 teaspoon of ground cinnamon.



# Carrot cake

## PREPARATION:

- Preheat the oven at 190°.
- Peel and grate the carrots.
- Pour the sugar, the oil, the eggs, the carrots and the nuts into a bowl. Mix them well.
- Pour the bicarbonate, the baking powder, the cinnamon and the flour (you can sift the flour first) into another bowl.
- Stir it well and mix the content of both bowls.
- Grease a cake tin with some butter. Flour the cake tin. Pour the cake mixture into this cake tin.
- Place it into the oven to bake it for 40 minutes.
- Remove from the oven when it is ready and let it to cool.
- Use a sharp bread knife to cut the cake.

(Preparation time: 20 minutes / Cooking time: 1 hour)



# Carrot and apple cake

## INGREDIENTS:

- o 300 g Carrot
- o 100 g Apple
- o 100 ml sunflower oil
- o 300 g Sugar
- o 300 g flour
- o 1 packet (s) baking powder
- o 3 Egg



## PREPARATION:

- o 1. Cook the carrot and the peeled apple.
- o 2. Put the carrot and the drained apple in the jar. Add the oil.
- o 3. Add the rest of the ingredients.
- o 4. Grease a mold with butter, pour the mixture inside and bake for 30-40 minutes at 180°.
- o 5. Once cold and unmold, sprinkle with icing sugar.

Sònia Ortiz and Jaume Bertomeu

# Apple cake

## INGREDIENTS

1/2 cup of milk • 2 cups of flour • 1 cup of sugar • 1 envelope of royal yeast • 3 eggs  
• 2 tablespoons oil • 4 golden apples • apricot jam

## ELABORATION

1. Make the dough. Put the eggs and sugar in a bowl. We beat them until they are double the volume. Once this step is done, add the sifted flour, the yeast, milk and oil and set aside covered with a kitchen cloth. It works best if you do it with an electric rod mixer.
2. We prepare the apple. Peel the apples: cut them into two pieces and mix them with the dough. Put everything in a round or rectangular mold lined with baking paper.
3. Decorate the cake We cut the rest of the apples in half by removing the core and then we cut them into slices and we put them on top trying to distribute them well.
4. Turn the oven to 180oc and Bake it . Put the cake in it for half an hour. Past this time see if it is cooked by puncturing it with a skewer stick. If it comes out clean it is cooked if not put a few more minutes. Then, no matter how warm, paint it with apricot jam.