

CATAPLANAS RECIPES

AMEIJOAS NA CATAPLANA (STEAMED CLAMS)

1 kilo clams (cockles or mussels can be used as a substitute)
30g. butter
1 tblspn olive oil
3 onions, sliced
½ tspn paprika
1 tblspn piri-piri
2 peeled chopped tomatoes
80g. chopped presunto or ham
80g. chouriço or garlic sausage
A clove garlic crushed
Handful parsley, crushed

THE METHOD

Wash the shellfish thoroughly and discard any which are even slightly open and will not shut when tapped as these are dead.
Then scrub well to remove any dirt.

Heat the butter and oil in the cataplana (or heavy casserole) over a moderate heat, then add onions, tomatoes and seasoning and cook until onions are soft.

Add the shellfish, meat, garlic and parsley and cover the casserole
Cook for about 20 minutes over a moderate heat

Open the cataplana at the dinner table and serve straight onto dishes or plates.
Serves four.

There are of course variations on this recipe, like adding white wine
Experiment to find the taste that suits you best.

CATAPLANAS RECIPES



KITCHEN TO TABLE LIMITED

19 FAWKHAM AVENUE

NEW BARN

LONGFIELD

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VEAL LOIN WITH CLAMS IN THE CATAPLANA

Veal medallions 60 grs. each
Port wine 2 tablespoons
Clams 30 clams
Garlic 1 clove
Vegetable oil 1 tablespoon
Lean bacon, diced 50 grs.
Country sausage 4 thin slices
White wine 2 tablespoons
Demi-glace 2 tablespoons
Parsley 1 tablespoon
Fresh coriander 1 tablespoon
Season to taste

THE METHOD

Marinate veal medallions in Port wine. Wash clams.
Rub the cataplana with the clove of garlic.
Place cataplana on stove with oil.
Heat well and place medallions and diced bacon in it and sauté.
Keep medallions rare.
Discard any fat and add clams with the 4 slices of country sausage.
Add the marinade along with the white wine and demi-glace.
Let it boil.
Add coarsely chopped parsley and coriander and cook for 8 minutes in a pre-heated oven at 230 degrees.
Remove from oven and serve at once.

CATAPLANAS

YOUR OWN RECIPES

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"MY CATAPLANA" (6 persons)

700 g clams
750 g pork leg
salt
white wine
30 g pork fat
3 med. Onions
2 med. green peppers
3 large tomatoes
2 slices thickly sliced bacon
½ chouriço (country sausage)
20 sprigs parsley
4-5 cloves garlic
30 g paprika
1 bay leaf
6 canned tomatoes with juice (2/3 of large cans)
6 medium prawns
5 g salt
3 g pepper
1.5 dl olive oil
20 g. Butter

THE METHOD:

Wash shells of clams and place in salted water for a minimum of one hour to ensure all sand has been expelled.

Chop pork into small bite size chunks. Place in bowl. Salt well and mix with 1.5 dl wine. Melt pork fat in a large frying pan over medium heat and add pork. Fry until browned. Set aside.

Clean and slice onions, peppers and tomatoes.
Chop bacon into small pieces chouriço (country sausage).
Wash parsley.

Lay one half of the tomatoes, onions, and green pepper in bottom and up sides of one half of the cataplana pan.

Place one half of the bacon and chouriço and 10 sprigs of parsley on the vegetables.
Add half the meat and half to the drained clams.

Clean and chop the garlic cloves.
Place garlic, paprika and bay leaf over the rest of ingredients in pan.
Chop half of the canned tomatoes and add.

Add balance of pork (with any juices left in the pan), chouriço, bacon, peppers, onion, fresh and canned tomatoes, and clams.

Place prawns on top with remaining parsley.

Add salt, pepper, olive oil, butter and 2.5dl wine to the top of the ingredients.
Close lid and secure hinges.

Place over high heat on the hob and bring to the boil,
reducing heat so that the liquid does not boil over the pan.
Cook approximately 10 minutes, until clams are open and green pepper and onion are cooked.

Serve with bread.
Separately cooked rice makes a nice accompaniment.

Pre-preparation: minimum 1 hour
Preparation: 45 minutes
Cooking: 10 minutes

CATAPLANA MUSSELS

Serves 2

Ingredients

- 2 lbs. mussels, debearded and washed
- 3 shallots, sliced
- ¼ tsp. garlic
- 2 lemons, juice of
- 1 Tbsp. chives (cut into ¼ inch sticks)
- 1 Tbsp. chopped chervil
- 1 Tbsp. tarragon
- 1 Tbsp. Italian parsley
- ¼ cup white wine
- 2 Tbsp. butter

THE METHOD

Toss all ingredients in cataplana vessel.
Close lid and place in hot oven (500 degrees) for approximately 8 minutes.

Open cataplana; serve immediately.

Use one side of cataplana for discarding empty shells.

CATAPLANA MUSSELS PORTUGUESE

Serves 2

Ingredients

- 2 tablespoons olive oil
- 1 shallot, sliced thinly
- 1-2 garlic cloves, crushed
- ½ lb. Chorizo, linguica or spicy Italian sausage, chopped into small pieces (or use bulk without skin)
- ½ cup white wine
- 1 roasted and peeled red pepper, sliced
- 2 tablespoons chopped broad leaf parsley (also known as Italian parsley)
- ½ teaspoon red pepper flakes
- 1 lb. Mussels, cleaned
- Salt and pepper

THE METHOD

1. In a skillet, sauté onion slices in olive oil until lightly browned. Add garlic.
2. Add sausage and continue to cook until meat is nearly done. Degrease pan if necessary (spoon out excess oil).
3. Add white wine and roasted red peppers, chopped parsley, and red pepper flakes and continue to cook until sauce thickens slightly.
4. Transfer all ingredients from skillet into the cataplana and season lightly. Add mussels, close the cataplana and shake gently to incorporate the sauce and mussels. Cook over low heat for 5-7 minutes, until all mussels are open. Serve in bowls or from the cataplana.

CHICKEN CATAPLANA

1 lb Boneless Chicken Pieces
1 lb Clams or Mussels in Shells
1 Clove of Garlic
4 oz Onions
2 tb Olive Oil
1 oz Fresh Chopped Parsley

THE METHOD

Cut the chicken into one-inch pieces.

Scrub the clams or mussels and peel and finely chop the onions and garlic.

Heat the oil in the cataplana and fry the onion and garlic for two minutes, then add the chicken and cook over a medium heat for 10 minutes with the lid on, turning occasionally to make sure it is thoroughly cooked.

Add the shellfish, replace the lid and cook for five minutes, shaking hard every minute or so until the clam or mussel shells have opened.

Discard any that won't open. Serve in a warm dish with parsley sprinkled on top.

PORK AND CLAM CATAPLANA

- 6 large garlic cloves, smashed
- 1 tablespoon plus 1 teaspoon sweet paprika
 - 2 1/2 teaspoons crushed red pepper
 - Sea salt
 - 3/4 cup pure olive oil
- 2 pounds boneless pork loin, cut into 1/2-inch dice
 - 3/4 cup extra-virgin olive oil
 - 1 medium onion, finely chopped
 - 2 cups dry white wine
- 3 pounds Manila clams or cockles, scrubbed and rinsed
 - 1/4 cup finely chopped flat-leaf parsley

1. In a mini food processor, combine the garlic with the paprika, crushed red pepper and 2 teaspoons of salt and pulse until finely chopped. Add 1/4 cup of the pure olive oil and process to a paste. Add the remaining cup of pure olive oil and process until smooth. Transfer the marinade to a large bowl, add the pork, and toss to coat. Cover and refrigerate for at least 8 hours or overnight, stirring occasionally.

2. Heat the extra-virgin olive oil in a large deep skillet. Add the pork and its marinade and cook over high heat, stirring occasionally, until the meat loses its pink color, 3 to 4 minutes. Using a slotted spoon, transfer the pork to a large bowl, leaving the oil in the skillet. Add the onion to the skillet and cook over high heat, stirring, until softened, about 5 minutes. Add the wine and boil until slightly reduced, about 10 minutes.

3. Add the clams to the skillet, cover and cook just until they begin to open, 3 to 4 minutes. Return the pork to the skillet, along with any juices, and cook until the clams are open and the meat is just cooked through, about 2 minutes **longer**,
Sprinkle with the parsley and serve in deep bowls.

CATAPLANA PESCADOR

Mike Moloney

INGREDIENTS (Serves 4-6)

1 Kg fresh mussels
1 Large Lobster Tail (or equivalent)
500gm Fresh Haddock
500gm Monkfish
250gm Calamaris (squid rings)
250gm raw unpeeled prawns
2 cloves Garlic
1 Onion medium
400g tin chopped tomatoes
2 cups of rice
Parsley,Basil,Corriander

THE METHOD

- 1) Rinse the mussels in cold water and remove any visible beards etc.Place the mussels in a large container with fresh cold water and some table salt and a handful of bran, oatmeal or porridge oats and stir. Leave the mussels for at least 30 minutes or longer (the longer the better preferably)) as this lets the mussels flush themselves with the salt water and the oatmeal.*****
- 2) Take the fish, remove skin and fillet if necessary. Cut the fish into small pieces and place the fish, calamaris lobster tail and prawns in a saucepan and cover with water add a fish or seafood stock cube (you can also add some white wine if you wish) and bring to the boil. Turn off the heat and leave to rest.
- 3) Peel and chop garlic and onion and place in the base of the cataplana with a little oil and cook until softened and lightly browned.
- 4) Drain the fish, keep the water as this will be used as stock
- 5) Remove the shell from the Lobster tail using a sharp knife or pair of scissors and cut the lobster tail in small chunks
- 6) Add tin of chopped tomatoes, the fish, lobster, calamaris, prawns and the fish stock to the cataplana and stir. Sprinkle rice, coriander and basil (fresh, dried or gel) into cataplana, stir and close lid and cook on medium heat for 10 minutes
- 7) Rinse drain and clean mussels discarding any that are open or with broken shells
- 8) Add mussels to cataplana and sprinkle with chopped parsley Close cataplana and cook for a further 4-6 minutes
- 10) Serve cataplana direct to table and open at the table and savour the experience

***** This will also work for clams, cockles etc and will help to get rid of grittiness in the shellfish

CATAPLANA SICILIANA

Mike Moloney

INGREDIENTS (Serves 4-6)

1 Kg fresh mussels
Piece Halibut, Piece Monkfish
6 small Squid (cleaned)
2 cloves Garlic
1 Onion medium
400g tin chopped tomatoes
2 cups of rice
Parsley, Basil, Corriander

THE METHOD

- 1) Rinse the mussels in cold water and remove any visible beards etc. Place the mussels in a large container with fresh cold water and some table salt and a handful of oatmeal or porridge oats and stir. Leave the mussels for at least 30 minutes or longer (the longer the better) as this lets the mussels flush themselves with the salt water and the oatmeal.*****
- 2) Take the fish, I usually buy what ever the fishmonger has on offer halibut tails etc and fillet if necessary. Cut the fish and squid into small pieces and place the fish in a saucepan with a little amount of water (you can add some white wine if you wish) and bring to the boil. Turn off the heat and leave to rest.
- 3) Peel and chop garlic and onion and place in the base of the cataplana with a little oil and cook until softened and lightly browned.
- 4) Drain the fish, keep the water as this will be used as stock
- 5) Add tin of chopped tomatoes and the fish stock to the cataplana and stir. Sprinkle rice into cataplana, stir and close lid and cook on medium heat for 10 minutes
- 6) Rinse drain and clean mussels discarding any that are open or with broken shells
- 7) Open cataplana stir and add fish and coriander and basil (fresh, dried or gel) and stir a little white wine can be added if required again return to heat for 8-10 minutes
- 9) Add mussels to cataplana and sprinkle with chopped parsley Close cataplana and cook for a further 4-6 minutes
- 10) Serve cataplana direct to table and open at the table and savour the experience

***** This will also work for clams, cockles etc and will help to get rid of grittiness in the shellfish