



RECIPE BOOK IBERICO MEATS  
**BY ANTONIO ARRABAL**

SPANISH  
TV CHEF



## INTRODUCTION

Jamones Aljomar Iberico meats and SpanishTV Chef Antonio Arrabal! High **quality gastronomic** fusion in this surprising collection of recipes guaranteed to delight your palate.

Here are just a few of the dishes created by Spain's Top Chef finalist last year, especially designed to highlight the essence and quality of the Iberico pig, raised in the Spanish Dehesa pastures.

Put the Aljomar Iberico meats in the hands of Chef Arrabal and the result is a wonderful array of traditional, modern and rule-breaking creations. While remaining true to its origins, the Iberico product excels through endless combinations revealed through an amalgam of herbs and spices or even a touch of the Orient.

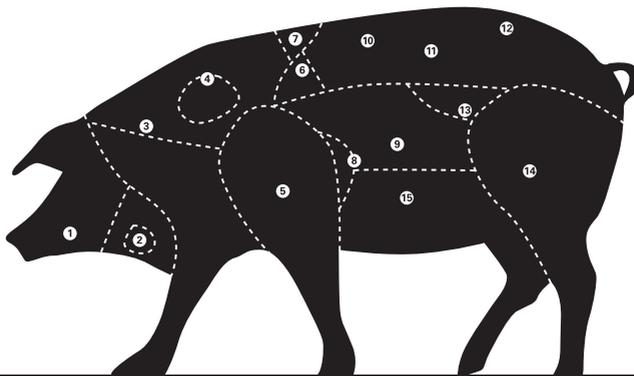
**Marinate, season, roast, boil, sear, stew, in salads, tartare or carpaccio...**so many ways to allow the Iberico meats to shine on any occasion.

This edition brings you fourteen recipes, but you can find many more at <http://aljomares/blog> or <http://chefarrabal.tv/>

# ALJOMAR

*The labour of one family*





1. CARRILLERA 2. PAPADA 3. AGUJA 4. SHOULDER BUTT 5. SHOULDER 6. PLUMA 7. PRESA 8. SECRETO 9. SPARERIBS 10. PORK LOIN 11. FATBACK 12. RACK 13. TENDERLOIN 14. HAM 15. PANCETA

## THE IBERICO CUTS

The different cuts of the Iberico pig include not only the pork loin, the tenderloin and the ribs, but the coveted pluma, presa, secreto and abanico, just to name a few. The creativity, the know-how and originality of the Top Chef Finalist take the Aljomar products to new heights with style and precision. Aljomar is a brand name in Iberico meats, established in the town of Guijuelo (Salamanca) and highly coveted for its hams, pork shoulders, cured and fresh meats in 25 countries throughout Europe, Asia, Africa and the Americas.

### **The Iberico pig**

The process of raising the Aljomar Iberico pigs begins in the Dehesa meadows, the first step in a meticulously Controlled Production and Manufacturing Cycle that meets the most demanding and strict standards of food quality control and safety. From the utmost care in the genetic control of the raw material to the marketing of the final product.



30 min.

## HAMBURGER MADE WITH ACORN-FED IBERICO PLUMA AND SECRETO WITH SPICY SAUCE ON A BUN

### Prepare the hamburger

- \* 3.5 oz. Aljomar Iberico Pluma
- \* 1.5 oz. Aljomar acorn-fed Secreto
- \* 3½ Tbsp. tapenade
- \* ¼ tsp. garlic powder

- \* ¼ tsp. grated fresh ginger
- \* 2 Tbsp. soy sauce
- \* ½ tsp. paprika
- \* 3 oz. olive oil

Cut the meat into cubes. Combine remaining ingredients for marinade. Add meat and let marinate for 24 hours. Drain excess marinade and grind meat. Form into 80 gm patties and set aside.

### Prepare the spicy sauce

- \* 2 onions
- \* 2 ripe tomatoes
- \* 2 cayenne peppers
- \* Salt and pepper
- \* 3 Tbsp. 'choricero' pepper flesh (a smoky and spicy pepper paste)

In a small saucepan, sauté onions and add peppers and pepper flesh. Cook at medium-low heat for about 20 minutes. Adjust seasoning with a pinch of sugar (to reduce the acidity), salt and pepper.

### Prepare the potato chips

- \* 1 potato
- \* Salt
- \* Oil

Using a peeler, thinly slice the potato and deep fry in hot oil for a few seconds, careful not to burn. Season with salt and pepper. (watch video at [chefarrabal.tv](http://chefarrabal.tv)).

### Assemble

Sear hamburgers and cook to taste (I prefer medium well). Place on bun and add spicy sauce. Enjoy!

# ACORN-FED IBERICO PRESA SALAD WITH RED CURRY AND PICKLED VEGETABLES

## For the Presa

- \* 1 Acorn-fed Iberico Presa
- \* 7 oz. gr salt
- \* ¼ C red curry

Combine salt with curry to created curried salt. Cover the Presa with salt. Set aside for 2.5 hours. After elapsed time, rinse and set aside. Sear meat on both sides in hot skillet. Let cool. Slice thinly and set aside.

## For the pickled vegetables

- \* 2 baby carrots (1 orange, 1 purple)
- \* 1 small leek
- \* 1 red onion
- \* 1 baby turnip
- \* 3½ T Sherry Vinager
- \* 6 Tbsp. water

Peel vegetables. Blanch 3 minutes and cool in ice water. Place vegetables in sealed container with sherry vinegar and water. Set aside until ready to serve.

## For the oyster sauce

- \* ¼ C oyster sauce
- \* 6 Tbsp. olive oil
- \* 2 tps Sherry Vinager

Combine all ingredients. Stir and set aside.

## Assemble

Place the sliced meat on the plate. Top with vegetables and oyster sauce.





## ALJOMAR ACORN-FED IBERICO SECRETO WITH THAI MARINADE

### Prepare the Thai marinade

- \* 6 Tbsp. extra virgin olive oil
- \* 2 tsp. garlic powder
- \* 2 tsp. ginger powder
- \* 3 Tbsp. soy sauce
- \* ½ tsp. nori powder

To prepare nori powder, place 3 leaves of dry nori algae leaves in a blender and process on high for 9-10 seconds. Set aside. Combine all ingredients in a food processor until well combined. Set aside.

### Prepare the Iberico Secreto

- \* 4 oz. Secreto

Trim excess fat from the meat and score the meat portions. Rub with the nori marinade and let rest for about 5 hours. Discard the marinade, draining excess oil. Sear the meat on both sides in a very hot skillet. Do not overcook, the inside should have a pink color. Slice and set aside.

### Assemble

Place hot slices of meat on plate. Accompany with a baked potato and sautéed seasoned vegetables. Enjoy!



30 min.

# ACORN-FED IBERICO TOP LOIN WITH RIBERA WINE REDUCTION AND SESAME RICE



30 min.

## Prepare the top loin

- \* 2 Aljomar Iberico top loins
- \* ½ C garbanzo beans
- \* 1 carrot
- \* 1 onion

Place all ingredients in a pressure cooker for 30 minutes. Remove meat and set aside.

## Prepare the red wine reduction

- \* ¼ C Ribera del Duero red wine
- \* 1 C + 3 Tbsp. sugar

Reduce the wine and sugar in a saucepan. When reduced by half, remove from heat and set aside. Do not refrigerate – this would affect the correct texture required for the sauce and glaze.

## Prepare the sesame rice

- \* ½ C sushi rice
- \* 1½ Tbsp. sake
- \* 3 Tbsp. rice vinegar
- \* 2 Tbsp. sugar
- \* sesame oil

Rinse the rice three times in cold water to remove the starch. Leave in water for thirty minutes. Rinse well and boil, covered, at low heat. Combine the rice vinegar, sake and sugar in a saucepan over low heat



until sugar dissolves. Let cool and add sesame oil to taste – careful not to add too much as the flavor is very intense. When the rice is done, remove from heat and place in a large bowl. Cover and let cool. Add the sake and vinegar mix. Set aside.

## Assemble

Just prior to serving, heat the top loin and add the hot wine reduction. Place the seasoned rice in the center of the plate and top with the top loin. Garnish with fresh greens. Ready to eat. Enjoy!



## ACORN-FED IBERICO SECRETO WITH RED CURRY, SHALLOTS IN VINEGAR AND POTATO CHIPS

### Prepare the Secreto

- \* 1 piece of Aljomar Iberico Secreto
- \* Red curry powder
- \* Extra Virgin olive oil

Combine all ingredients and marinade for 2 hours. Remove Iberico Secreto and drain excess oil. Seal the meat on a skillet or grill over high heat until golden on all sides. Set aside.

### Prepare the shallots in vinegar

- \* 2 French shallots
- \* 3 Tbsp. sherry vinegar
- \* 1½ Tbsp. mineral water

Peel the shallots and place in sealed container with vinegar and water to pickle. Rinse and separate the layers.

### Prepare the potato chips

- \* 1 potato
- \* Oil
- \* Salt

Using a peeler thinly slice the potato and deep fry in hot oil (350o) for two minutes, moving constantly. Remove and place on paper towel to drain oil.

### Assemble

Place Secreto in center of plate, place shallots to one side and add chips.

# ACORN-FED IBERICO PRESA WITH SPRING ONION CHIMICHURRI



30 min.

## Prepare the Chimichurri

- \* 6 Tbsp. oil
- \* ½ bunch spring onions
- \* 2 lemons juiced
- \* 2 cloves garlic
- \* salt and pepper to taste

Blanch the garlic 2 times in water: Repeat with spring onions. Cool in ice water: Rinse well and add to remaining ingredients. Blend in high speed mixer and pass through a fine sieve. Set aside.

## Prepare the presa

- \* 3.5 oz. Aljomar acorn-fed Iberico Presa

Cut the meat into thin slices and sear both sides on a hot grill. Set aside.

## Assemble

Put the hot Presa in a bowl and season generously with the chimichurri sauce. Place on plate, garnish with fresh greens and nuts.





30 min.

## ALJOMAR ACORN-FED IBERICO PLUMA SOFT TACOS

### Prepare the filling (2 servings)

- \* ½ red pepper
- \* ½ green pepper
- \* ½ carrot
- \* ¼ red onion
- \* 3 oz Acorn-fed Iberico Pluma
- \* Soy sauce
- \* Sweet-and-sour sauce
- \* Cilantro

Finely chop all vegetables except the onion. Heat small amount of oil in skillet and lightly sauté vegetables. Cut the Pluma into small cubes and toss in hot wok until brown on the outside and pink on the inside. Set aside.

Add the meat to the sautéed vegetables. Toss in skillet with soy sauce and sweet-and-sour sauce, cooking for 3 minutes. Remove from heat and add red onion, raw and julienned, and the cilantro. Keep warm.

### Assemble the tacos

- \* 2 wheat tortillas

Heat the tortillas. Top with hot filling, fold tortilla and enjoy!



30 min.

## ACORN-FED IBERICO PLUMA SEASONED WITH BLACK OLIVES

### Prepare the olive seasoning

- \* ½ C olive oil
- \* 2 Tbsp. black olive tapenade
- \* 1 ½ Tbsp. soy sauce
- \* Salt
- \* 1 ½ tsp. smoked paprika

Mix together all ingredients in a blender. Set aside.

### Prepare the pluma

- \* 7 oz. Aljomar Iberico Pluma
- \* Olive seasoning mix

Trim excess fat from meat and mix with the olive seasoning. Cover and let marinate 5 hours. Remove Pluma and drain.

### Assemble

Sear the Pluma in a skillet, leaving the inside medium rare. Slice and garnish with strands of chili.





30 min.

## ACORN-FED PLUMA STEAK TARTARE WITH MUSTARD SORBET

### Prepare the Steak tartare

- \* 3.5 oz. Aljomar acorn-fed Iberico Pluma
- \* 1 pickle chopped
- \* 1 shallot chopped
- \* Wholegrain mustard
- \* Worcestershire sauce
- \* 2 quail egg yolks
- \* Salt and pepper

### Directions

Trim excess fat from meat, removing as much as possible. Grind meat (this should be done 10 minutes prior to serving). Add remaining ingredients, adjusting the amounts to taste, mix well. Refrigerate until ready to serve.

### Assemble

Place the seasoned meat in the center of plate, using a mold to shape. Top with a slice of toast and a dollop of mustard sorbet. Sprinkle plate with drops of olive oil.

# ACORN-FED PANCETA-WRAPPED IBERICO TENDERLOIN WITH HONEY-ROSEMARY SAUCE AND MUSHROOMS



30 min.

## Prepare the tenderloin

- \* 1 Aljomar acorn-fed Iberico tenderloin
- \* 2 oz. Iberico pancetta
- \* Salt and pepper

Preheat oven to 400o. Wrap the tenderloin with the pancetta and bake for 11 minutes. Remove and cut into medallions. Set aside.

## Prepare the honey-rosemary sauce

- \* 6 Tbsp. beef stock
- \* 3½ T honey
- \* 3 cloves garlic
- \* 2 Tbsp. soy sauce
- \* 3½ Tbsp. olive oil
- \* 1½ Tbsp. sherry vinegar

Chop the garlic and sauté in oil. Add honey, vinegar soy and stock. Cook for two minutes. Place in blender and then pass sauce through a fine sieve. Set aside.

## Prepare the mushrooms

- \* Oyster mushrooms
- \* Shitake
- \* Button mushrooms (Amount of mushrooms vary according to taste)



- \* 2 cloves garlic
- \* Olive oil

Sauté garlic cloves in oil. When they start to turn golden, remove from heat. Add the mushrooms, increase heat and toss. When they are done, remove from heat and keep warm.

## Assemble

Place 3 medallions of Iberico tenderloin in the center of plate. Add honey-rosemary sauce and mushrooms.



30 min.

## GRILLED ACORN-FED SECRETO WITH TOMATO AND SPRING ONION COMPOTE

### Prepare the tomato and spring onion compote

- \* 2 tomatoes
- \* 1 red onion chopped
- \*  $\frac{3}{4}$  C sugar
- \* Spring onion finely chopped

Peel the tomatoes and cut into small cubes. Finely chop the red onion and sauté in oil until translucent. Add sugar; let cook for a few minutes. Remove from heat, add tomatoes and chopped spring onion.

### Prepare the Secreto

- \* 3.5 oz. acorn-fed Iberico Secreto
- Sear in a skillet and slice finely lengthwise. Set aside

### Assemble

Place the sliced Secreto (the meat should be medium rare) on the plate and top with the tomato and spring onion compote.

# ACORN-FED IBERICO PORK LOIN RAVIOLI WITH MUSHROOM FILLING

## Prepare the filling

- \* 7 oz. variety of mushrooms
- \* ½ C white wine
- \* ¼ C butter
- \* ¼ C flour
- \* 1 tsp. milk
- \* Salt and pepper

Melt butter in sauce pan. Add chopped mushrooms and toss until they begin to brown. Add flour and continue to toss until flour is absorbed. Add white wine and toss. Add milk and let cook for 10 minutes stirring continuously. Remove from heat. Let cool.

## Prepare the ravioli

\* 5 filets of fresh acorn-fed Iberico pork loin  
Preheat oven to 300o. Cut the meat into very thin filets. Place on flat surface and gently press down (with hands or rolling pin) to flatten. Spoon the mushroom filling in the center of each filet. Carefully fold in the filet to create the ravioli. Place the raviolis on baking tray and cook for 5 minutes. Set aside.

## Prepare the sauce

- \* 7 oz. boletus mushrooms
- \* 1 onion
- \* ½ C brandy
- \* 4 C meat stock

Sauté the chopped onion and boletus for several minutes. Add brandy and reduce. Add stock and cook for 20 minutes. Remove from heat and keep warm.

## Assemble

Place raviolis on one side of plate. Pour sauce to the side. Garnish with fresh greens.



30 min.



30 min.

## ACORN-FED IBERICO PRESA TATAKI WITH SHITAKE AND PICKLED CELERIAC

### Prepare the Presa tataki

- \* 9 oz. Aljomar acorn-fed Presa
- \* 2 C salt
- \*  $\frac{2}{3}$  C curry
- \* 6 tsp. oregano
- \* 4 tsp. white pepper

Combine salt and spices. Mix well. Trim excess fat from the Presa. Pour salt mixture over the meat and leave for 3 hours. Rinse to remove excess salt and pat dry with cloth. Sear on skillet until golden on all sides. Do not overcook as meat has already cured in the salt. Cut into thin slices and set aside.

### Prepare the pickled celeriac and mushrooms

- \*  $\frac{1}{2}$  celeriac root
- \* 12 Shitake mushrooms
- \* 6 Tbsp. sunflower oil
- \*  $2\frac{1}{2}$  Tbsp. sherry vinegar
- \* 2 Tbsp. soy sauce

Cut the celeriac into small cubes and blanch in hot water. Cut the mushrooms into julienne strips and toss with oil in skillet. Place remaining ingredients in separate saucepan. Add the tossed mushrooms and blanched celeriac. Cook on low heat for 25-30 minutes. Set aside.

### Assemble

Place 3 thin slices of the Presa on plate. Top with mushrooms and celeriac. Drizzle some of the sauce from the mushroom mixture. Garnish with fresh greens.

# ACORN-FED IBERICO PLUMA WITH CHILI SAUCE AND ARUGULA SALAD WITH PISTACHIOS



30 min.

## Prepare the Iberico Pluma

- \* 1 piece Aljomar Iberico Pluma
- \* 6 Tbsp. extra virgin olive oil
- \* Mix of 8 peppers
- \* 3½ Tbsp. soy sauce

Marinate the Pluma with oil, peppers and soy sauce. Remove meat and pat dry with paper towel. Sear meat on both sides in hot skillet. Set aside.

## Prepare the chili sauce

- \* 3 red chilis
- \* 1 onion
- \* Meat stock
- \* Sugar

Lightly sauté onion and chilis. Do not burn. Sprinkle with sugar and toss well. Add meat stock and cook 20 minutes. Blend (in mixer or with immersion blender). Add salt to taste. If necessary, add corn starch to thicken.

## Prepare the arugula salad and nuts

- \* Arugula
- \* Ground pistachios
- \* Extra virgin olive oil
- \* Sherry vinegar

Combine pistachios, oil and vinegar. Toss with arugula just prior to serving.



## Assemble

Preheat oven to 350o. Place meat on baking tray and place in oven for 3 minutes. Remove meat and sprinkle with chili sauce. Place meat on plate and add tossed arugula salad.



[www.aljomar.es](http://www.aljomar.es)

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