

# ESTUDIO MARISCAL

PRESS KIT

## 1080 RECIPES

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Design and illustrations of recipe books.

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# ESTUDIO MARISCAL

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**We have designed the Phaidon edition of Simone Ortega's "1,080 Recipes", with 400 illustrations by Mariscal that express a cheerful, easy, Mediterranean cuisine.**

The British publishing company Phaidon decided to publish the successful book by Simone Ortega, a compendium of basic, affordable recipes for inexperienced cooks. It wanted a meticulous edition, as a book-object with the artistic value of Mariscal's illustrations and recurred to Estudio Mariscal for its design.

When taking on the design, we decided that it should enjoy the same simplicity as the work, placing emphasis on the pace and on making the order of the sections highly manageable, something essential in a book that is not to read linearly. The open design of the layout meant that each recipe could start and finish on the same page. Mariscal drew around 400 illustrations in a realistic style, in chalk, which express a specific feeling: that of cheerful, easy, Mediterranean cuisine.

## 1080 RECIPES

Design and illustrations of recipe books.

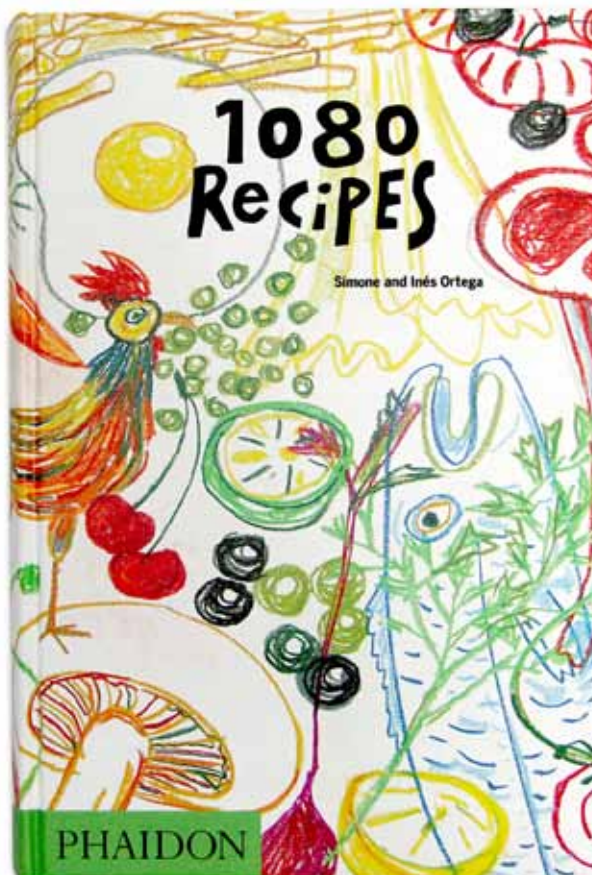
client Phaidon

country UK

year 2007

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related projects tragaluz, cómic chico & rita, drawing life, cubertería, Ilvino & laigua





**8** **Ham and cream cheese rolls**  
*(Serves 10)*  
 2 medium thick slices of bread  
 100g cream cheese  
 100g ham  
 100g butter

Spread each slice of ham with cream cheese, then roll up, wrap in parchment foil, and press in the toaster for 30 minutes. Unwrap the loaf and the rolls have 100g of rich cream butter serving.

**9** **Shrimp barquettes**  
*(Serves 10)*  
 10 shrimp  
 100g cream cheese  
 100g ham  
 100g butter  
 100g bread  
 100g shrimp (optional)  
 100g oil

Spread the base of each shrimp barquette with cream cheese, beginning on the side of the barquette press on top of the ingredients. Cook for about 30 minutes before serving.

**10** **Tuna canapés**  
*(Serves 10)*  
 10 slices of bread  
 100g cream cheese  
 100g tuna  
 100g bread  
 100g butter  
 100g tuna  
 100g oil

Open the top piece of a loaf and brush with a little oil in the refrigerator until thoroughly combined. Then spread the mixture on 10 rounds of toast/bread.



# COLD PLATE SUGGESTIONS

**11** **Caviar canapés**  
*(Serves 10)*  
 10 slices of bread  
 100g cream cheese  
 100g caviar  
 100g butter  
 100g caviar  
 100g bread  
 100g caviar  
 100g oil

Spread rounds of toasted bread with butter and spread a little caviar on top. Spread 2 drops of lemon juice on to each canapé and top with sliced or chopped hard-boiled eggs. Make sure eggs are also served for this recipe.



**12** **Smoked salmon canapés**  
*(Serves 10)*  
 10 slices of bread  
 100g cream cheese  
 100g salmon  
 100g bread  
 100g butter  
 100g salmon  
 100g oil

Spread rounds of toasted bread with butter and place finely sliced smoked salmon on top. If you like, garnish each canapé with a few drops of lemon juice.

Variant: you can also substitute the canapés with a little finely chopped cucumber or the butter before adding the smoked salmon.

**13** **Smoked trout or smoked eel canapés**  
*(Serves 10)*  
 10 slices of bread  
 100g cream cheese  
 100g trout  
 100g bread  
 100g butter  
 100g trout  
 100g oil

Spread rounds of toasted bread with butter and top with finely chopped smoked trout or smoked eel. Sprinkle 2 drops of lemon juice on each canapé.

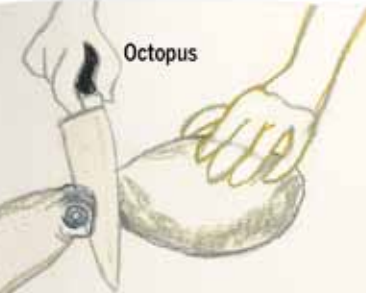
### Fish croquettes

PREPARED IN 15 MINUTES

Take half quantity of croquettes according to recipe 42. Shape the mixture into small, round croquettes. Heat the oil in a deep fryer or deep skillet to 350-375°F or until a cube of day-old bread browns in 30 seconds. Place several croquettes into the oil, being careful not to overcrowd the pan, and cook for 2 minutes, or until golden brown. Remove with a slotted spoon and keep warm while you quickly cook the remaining croquettes. Serve immediately.



### Octopus



#### How to cook

The easiest way to ensure that octopus will be tender is to leave it for up to 2 weeks. De-tenderizing is done by placing a 4-inch strip into boiling water and cook for about 20 minutes, until tender. The time will depend on the size and thickness of the octopus. Alternate with your plenty of water into pressure cooker, add a big leaf and a pinch of salt and bring to the boil. Add the octopus, cover, bring to high pressure and cook for 12 minutes. Lower the pressure under octopus, press it with a fork. After washing, and adding the octopus to the pot with a big leaf and a pinch of salt. Add the octopus and cook for 2 minutes. Then remove it from the pan. When the water comes to the three times in a row, leaving the octopus to cook for 45 minutes the lid firm. Drain the octopus and rinse under cold running water. When the water comes back to the boil, add the octopus again for 1 minute. Do this three times in a row, leaving the octopus to cook for 45 minutes the lid firm. Drain the octopus and rinse under cold running water.

### Noodles with crayfish

PREPARED IN 15 MINUTES

- 240 g/8oz of pasta
  - 1 lb crayfish or fish shells
  - 250 g/9oz of fresh spinach
  - 250 g/9oz of fresh onion
  - 2 tablespoons crushed fresh garlic
  - pepper
- Drain:
- 2 onions
  - 1 onion, peeled
  - 6 small potatoes
  - 1 bag leaf
  - 1 head parsley sprig
  - 2 head spinach sprig
  - 2 tablespoons olive oil
  - salt

Put all the ingredients for the stock into a saucepan, add in 2 litres/2 1/2 quarts water and bring to the boil over a high heat. Separately wash the crayfish in plenty of cold water. Put out the water pot, by holding the central stems at the end of the tail and then pulling it so that the gut comes out in one piece. Take the stock as being slightly salt. Add the crayfish, bring back to the boil and cook for 4-6 minutes, depending on their size. Remove from the pan and drain. Most of the shells will go to the tail, but you can crack the shells with a nutcracker and extract the meat too. Drain well. Meanwhile, gently heat the onions in another large saucepan, but do not allow it to brown. Do so in the crayfish stock and cook, stirring constantly, for 2 minutes. Strain through. Add the noodles and have half of the stock. Serve immediately, seasoned with pepper and sprinkled with parsley.

### Noodles with walnuts and truffles

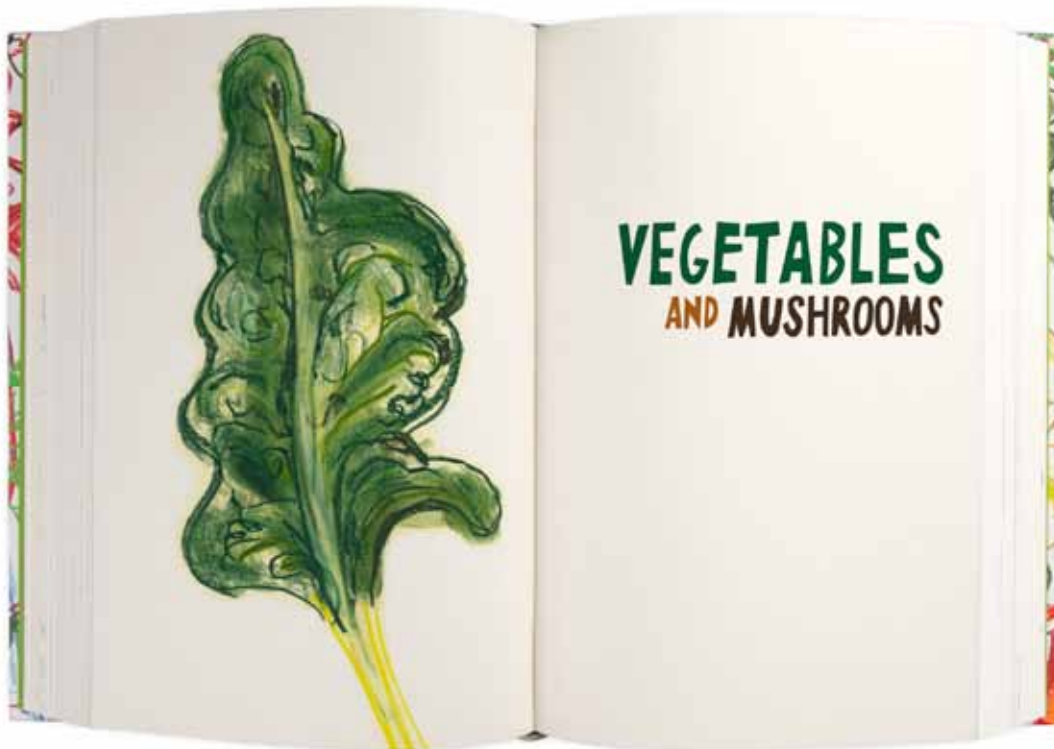
PREPARED IN 15 MINUTES

- 1 truffle, about 80 g/3 oz
- 1 egg yolk, lightly beaten
- 250 g/9oz of fresh spinach
- 400 g/14oz of fresh noodles
- 12 walnuts, shelled, pitted and chopped
- 20-40 g/1/2-1/4 oz Parmesan cheese, grated
- salt and pepper

Shave the truffle with a small knife and a sharp cloth. Stir the egg yolk into the mushrooms with a wooden spoon. Season with salt and pepper. Bring a large pan of salted water to the boil. Add the noodles, bring back to the boil and cook for 2-3 minutes, or until tender. Drain in a colander. Drain the noodles and toss with the hot cream mixture. Sprinkle with the walnuts and Parmesan cheese to taste and garnish with a little butter over the top. Alternatively, garnish the noodles with sautéed mushrooms.

Note: For a delicious variation, crush the walnuts with they are reduced to pieces, then season with salt and pepper and add a splash of grated nutmeg and a pinch of ground cayenne. Stir in a little oil and mix with the noodles.










### Tuna

As tuna is closely related to bonito (see recipe 537), the same recipes can be used for both fish.



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### Tuna au gratin

100 kcal per 100 g, 100 g

- 1 kg (2 lb) tin tuna
- 2 tablespoons white wine
- 50 g (2 oz) butter
- 2 tablespoons soft-flour oil
- 2 tablespoons plain flour
- 500 ml (1 1/2 p) milk
- 500 g (1 lb) Gruyère cheese, grated and heated
- 1 tablespoon chopped fresh parsley
- 2 spring onions or leeks, sliced, very finely chopped
- juice of 1 lemon
- 2 tablespoons breadcrumbs
- salt

Season the tinnet steady with the juice of a lemon and remove the 'bones'. Then rinse under cold running water. Drain dry, measure with broken shells so that the fish is evenly distributed when drizzle topped. Put the tinnet in a roasting tin with the wine. Season with salt and a pinch of salt. Cover and cook over a high heat, shaking the pan occasionally, for 4–5 minutes until the shells have popped. Remove the roasting tin with a hot ovenproof lid and pour in the cooking liquid. Shake any fish bones that remain loose. Drain the cooking liquid through a muslin-lined strainer into a bowl. Remove the roasting tin from the oven, cut out half and return to the oven if the tinnet is still hot. Push the fish into the hole of cooking liquid. Preheat the oven to 200°C (400°F). Gas Mark 6. Heat half the butter with the oil in a saucepan. Stir in the flour and cook, stirring constantly, for 2 minutes. Gradually stir in the milk, a little at a time. Cook, stirring constantly, for about 10 minutes until thickened. Add the tuna, parsley and spring onions or shallots. Stirring and fold in the cheese and stir in 100 g (4 oz) of the breadcrumbs, cooking liquid and lemon juice. Season to taste with salt and pepper. Sprinkle with the egg whites, if using, in a separate bowl. Bake the egg whites, if using, in another bowl, for 10–15 minutes until the sauce is golden. Then turn out and add to the tinnet. Remove the pan from the heat and stir in the egg whites. Divide the mixture among individual gratin dishes, sprinkle with the breadcrumbs and set in the butter. Bake for 5–10 minutes until golden brown. Serve immediately straight from the oven.

