

L'Autèntic
PRODUCTOS TRADICIONALES

*the taste
of tradition*



Recipe book

Our history

The taste of tradition

L'Autèntic's history is steeped in **tradition and authentic flavours** that date back to "La Ferreria" inn in the village of La Pobleta, near Morella. Grandma Nicolasa ran this inn, leaving us a priceless **culinary legacy** that we have had the honour of preserving and reinventing.

Now we are sharing **grandma Nicolasa's recipes**, with all the homemade flavour that takes us back to a time when dishes were made with **love and care**. Although we have tweaked some of the recipes, we never lose sight of the importance of preserving their unique flavour, reminiscent of the dishes grandma Nicolasa used to make.

L'Autèntic is a brand of DISTRIBUCIONES Y EXCLUSIVAS TONI PACO MANOLI S.L., a company based in the city of Castellón with extensive experience in food distribution **since 1994**.

In 2003, we launched our flagship product: the famous **L'Autèntic aioli**, a preservative-free homemade sauce that has won the hearts of our customers with its unmistakable **traditional flavour**.

Today, we continue to create new sauces, stews and dishes that pay **tribute to our roots**. We strive to keep grandma Nicolasa's culinary legacy alive, while exploring **new ways to delight palates** with unique flavours and **exceptional quality**.

At L'Autèntic, every sauce we offer is the result of years of **experience, passion and dedication** to traditional cuisine. We strive to source the best produce, reflecting **our history and culture**, to bring **authentic flavours from the region to your home**.

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*Pyramid of piquillo peppers
stuffed with ajoarriero cod*

INGREDIENTS

Roasted piquillo peppers and ajoarriero cod.

INSTRUCTIONS

Take the roasted peppers and fill them with ajoarriero cod, then roast them in the oven for five minutes.



*Ajoarriero cod with surimi
elver in garlic*

INGREDIENTS

Crackers, surimi elver, garlic, ajoarriero and chilli.

INSTRUCTIONS

Put a tablespoon of olive oil, two cloves of garlic (sliced) and a chilli pepper into a pan. When the garlic is golden brown, add the surimi elver and sauté. Spread the ajoarriero cod on a cracker and top with the sautéed surimi elver.



Ajoarriero cones

INGREDIENTS

Small cones, ajoarriero, salmon, surimi elver and chives.

INSTRUCTIONS

Fill the cones with ajoarriero and garnish with surimi elver, salmon or chives.



Smoked salmon cannelloni with ajoarriero cod

INGREDIENTS

Smoked salmon and ajoarriero.

INSTRUCTIONS

Make the cannelloni and fill them with ajoarriero.



Octopus carpaccio on a bed of ajoarriero

INGREDIENTS

Ajoarriero and octopus.

INSTRUCTIONS

Make the octopus carpaccio and lay it out on a bed of ajoarriero.



Cauliflower au gratin with ajoarriero

INGREDIENTS

Cauliflower and ajoarriero.

INSTRUCTIONS

Boil the cauliflower for five minutes then dry and place on a baking tray. Cover with ajoarriero and broil at 200°C for five minutes for au gratin finish.



Courgette and ajoarriero cannelloni

INGREDIENTS

Courgette and ajoarriero.

INSTRUCTIONS

Blanch and slice the courgette. Then make the cannelloni and fill with ajoarriero. Finally, broil for au gratin finish.



Ajoarriero millefeuille

INGREDIENTS

Puff pastry and ajoarriero.

INSTRUCTIONS

Bake the puff pastry for five minutes at 200°C then let cool. Assemble the millefeuille alternating layers of pastry and ajoarriero, ideally 4 layers.



Cod au gratin

INGREDIENTS

Cod and aioli.

INSTRUCTIONS

Bake the cod on a tray for five minutes then coat with aioli and bake for another five minutes (oven preheated to 200°C).



Potatoes with aioli

INGREDIENTS

Potatoes, aioli and parsley.

INSTRUCTIONS

Confit the potatoes then let cool and toss with aioli, top with parsley.



Tuna, aioli and olive toast

INGREDIENTS

Tuna, aioli and olives.

INSTRUCTIONS

On a small piece of toast, spread aioli around the edges and fill the centre with tuna, top with olives.



Tortilla stack au gratin

INGREDIENTS

Assorted tortillas and aioli.

INSTRUCTIONS

Make the tortillas. Spread a layer of aioli on the potato tortilla then put the courgette tortilla on top. Add a layer of aioli then the aubergine tortilla and top with a final layer of aioli. Bake for ten minutes (oven preheated to 200°C).



Scallops au gratin with aioli

INGREDIENTS

Scallops and allioli.

INSTRUCTIONS

Grill the scallops for three minutes, remove from the heat and add a teaspoon of aioli on top, then broil in the oven for ten minutes (oven preheated to 200°C).



Octopus legs au gratin with aioli

INGREDIENTS

Octopus and aioli.

INSTRUCTIONS

Cook the octopus, place the legs on a baking tray, cover with aioli and broil in the oven for ten minutes (oven preheated to 200°C).



*Hake fillet au gratin
with aioli*

INGREDIENTS

Hake fillets and aioli.

INSTRUCTIONS

Place the hake fillets on a baking tray, bake for two minutes. Remove from the oven, cover with aioli and bake for ten more minutes (oven preheated to 200°C). Garnish with black-garlic aioli.



*Cod cheeks pil pil with
black-garlic aioli*

INGREDIENTS

Cod cheeks, garlic, oil and black-garlic aioli.

INSTRUCTIONS

Heat the oil in a pan, add the garlic and, when golden brown, add the cod cheeks and sauté for two minutes. Remove from the heat and add the black-garlic aioli.



Chicken tenders with black-garlic aioli

INGREDIENTS

Chicken tenders and black-garlic aioli.

INSTRUCTIONS

Sear the tenders on both sides then place on a baking tray, cover with black-garlic aioli and bake for two minutes (oven preheated to 200°C).



Shrimp and langoustine cocktail with black-garlic aioli

INGREDIENTS

Shrimp, langoustines and black-garlic aioli.

INSTRUCTIONS

Cook the seafood and put it in a glass on a bed of black-garlic aioli, then top with black-garlic aioli.



*Open-faced coca bread
with cod and roasted-pepper
salad*

INGREDIENTS

Coca dough and cod and roasted-pepper salad.

INSTRUCTIONS

Roll out the dough and blind bake it in the oven. Then take it out, add the esgarraet and bake it again for five minutes.



*Artichoke nest with cod
and roasted-pepper
salad*

INGREDIENTS

Artichokes and cod and roasted-pepper salad.

INSTRUCTIONS

Boil the artichokes for five minutes. Then open them into a nest and fill them with the cod and roasted-pepper salad.



Cod and roasted-pepper salad with shrimp and boiled egg

INGREDIENTS

Cod and roasted-pepper salad, shrimp and boiled egg.

INSTRUCTIONS

On a bed of lettuce, add esgarraet to taste and then top with boiled shrimp and slices of boiled egg.



Avocado toast with cod and roasted-pepper salad

INGREDIENTS

Toast, avocado and cod and roasted-pepper salad.

INSTRUCTIONS

Spread avocado on the toast and top with the cod and roasted-pepper salad.



*Cod and roasted-pepper
salad with tomato
and avocado*

INGREDIENTS

Avocado, tomato and cod and
roasted-pepper salad.

INSTRUCTIONS

Peel the tomato then dice it and the avocado.
Mix in the cod and roasted-pepper salad and
garnish with boiled egg slices.



Russian salad flower

INGREDIENTS

Russian salad and spinach.

INSTRUCTIONS

Make an elegant flower with the Russian salad
and decorate with spinach leaves.



Russian salad triangle

INGREDIENTS

Russian salad and cod and roasted-pepper salad.

INSTRUCTIONS

Make a nice triangle of Russian salad and cover it with esgarraet.



Endive stuffed with Russian salad

INGREDIENTS

Endives and Russian salad.

INSTRUCTIONS

Remove the leaves from the endives and fill them with Russian salad, add a flower of Mediterranean sauce in the centre.



White asparagus with Russian Salad

INGREDIENTS

Asparagus and Russian salad.

INSTRUCTIONS

Lay the asparagus on a plate and serve with two delicious scoops of Russian salad.



Assorted seafood salad toast

INGREDIENTS

Seafood salad and toast.

INSTRUCTIONS

Put seafood salad on the toast and top with anchovies, dried tuna, boiled egg, salmon, surimi elver, etc.



*Avocado stuffed
with escalivada*

INGREDIENTS

Avocado and escalivada.

INSTRUCTIONS

Fill the avocado with the escalivada made earlier and top with dried tuna and boiled egg.



*Escalivada pizza
with Cantabrian anchovies*

INGREDIENTS

Pizza dough, escalivada, anchovies and oregano.

INSTRUCTIONS

Roll out the dough and cover with escalivada, add anchovies and sprinkle with oregano.



Timbale of escalivada and smoked salmon

INGREDIENTS

Escalivada and salmon.

INSTRUCTIONS

Make the timbale with escalivada and cover it with smoked salmon.



Mussels with escalivada

INGREDIENTS

Mussels and escalivada.

INSTRUCTIONS

Steam the mussels and add the escalivada at the last moment.



*Escalivada on shrimp
carpaccio*

INGREDIENTS

Escalivada and shrimp.

INSTRUCTIONS

Prepare the shrimp carpaccio then cover completely with escalivada.



Spanish potatoes

INGREDIENTS

Diced potatoes and Mediterranean bravas sauce.

INSTRUCTIONS

Confit the potato in cubes then let cool. Pour Mediterranean sauce on top and garnish with chives.



Stuffed eggs

INGREDIENTS

Eggs, tuna and Mediterranean bravas sauce.

INSTRUCTIONS

Boil the eggs then remove the yolk and mix with tuna to make the filling. Fill the eggs and cover them with Mediterranean bravas sauce.



Shrimp bites

INGREDIENTS

Shrimp, potato puffs and Mediterranean bravas sauce.

INSTRUCTIONS

Cook the shrimp, make the potato puffs, prepare a skewer with shrimp and potato puffs and coat with Mediterranean bravas sauce.



L'Autèntic burger

INGREDIENTS

Beef burger, bun, tomato, gherkin, lettuce, egg, onion and Mediterranean bravas sauce.

INSTRUCTIONS

Cook the burger and garnish to taste, then smother with Mediterranean bravas sauce.



Chicken wings with spicy brava sauce

INGREDIENTS

Spicy chicken wings and spicy brava sauce.

INSTRUCTIONS

Clean the wings well and cut them at the joint. Cook in an air fryer at 180°C for 20 minutes or fry in a pan until golden brown and crispy. Finally, add L'Autèntic spicy bravas sauce to taste.



*Potatoes with
spicy brava sauce*

INGREDIENTS

Potatoes and spicy bravas sauce.

INSTRUCTIONS

Confit the potato in cubes then let cool. Pour spicy bravas sauce on top.



*Grilled cuttlefish
with green sauce*

INGREDIENTS

Cuttlefish, green sauce, salt and oil.

INSTRUCTIONS

Cook the cuttlefish on the grill at 200°C until golden brown, then add a pinch of salt and a few drops of virgin olive oil. When it is ready, remove from the grill and add green sauce.



Grilled swordfish with green sauce

INGREDIENTS

Swordfish, oil, salt and green sauce.

INSTRUCTIONS

Sear the swordfish on the grill at 200°C then add a pinch of salt and a few drops of virgin olive oil. Remove from the grill and add green sauce.



Mushroom mountain with green sauce

INGREDIENTS

Mushrooms, salt, oil and green sauce.

INSTRUCTIONS

Heat the grill to 200°C, sprinkle with salt and cook the mushrooms with the stem down for two minutes. Flip them over and cook until golden brown. Remove from the heat, pile into a mountain and top with green sauce.



Seafood stew

INGREDIENTS

Chickpeas and titaina.

INSTRUCTIONS

Cook the chickpeas, remove from the heat and drain. Add the titaina and cook for three minutes. Add a boiled egg on top.



Stuffed eggs with titaina

INGREDIENTS

Potatoes, eggs and titaina.

INSTRUCTIONS

Cut the potatoes into shoestrings and fry. Soft boil the eggs and lay them on top of the potatoes. Top with a generous serving of titaina.



Loaded potatoes

INGREDIENTS

Potatoes, titaina and cheese.

INSTRUCTIONS

Boil the potatoes, cut into slices, place on a baking tray, cover with titaina and sprinkle with Gruyère cheese. Bake for five minutes (oven preheated to 200°C).



Seafood risotto

INGREDIENTS

Rice and titaina.

INSTRUCTIONS

Start making the risotto, halfway through cooking (approximately ten minutes) add the titaina and finish cooking (another ten minutes).



Baby broad beans tombet with titaina

INGREDIENTS

Broad beans and titaina.

INSTRUCTIONS

En una sartén se añaden las habitas, se van tombeando durante quince minutos, le añadiremos una porción de titaina y terminaremos al fuego durante cinco minutos.

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