



SPANISH · MEDITERRANEAN / COSTA BLANCA · STARTER · RAW · SUMMER  
SHOWCASE · DINNER PARTY OPENER

# Carpaccio de Gambas Rojas · Ajoblanco Snow · Smoked Oil

Raw Denia red shrimp sliced tissue-thin while still translucent from the ice, draped across a cold plate under a fine crystalline powder of frozen ajoblanco, finished with nine drops of cold-smoke-infused Arbequina oil that pool in silver beads against the shrimp's coral flesh. The three-minute assembly that tastes like a one-minute bite — summer seafood at its most precise. The Mediterranean raw-shrimp preparation that only works with the freshest shrimp you can source; anything less is salt-tank disappointment.

Protein Raw red shrimp (Denia gambas rojas, carabineros, or premium wild-caught)

Serves 4 as starter · 2 shrimp per person

Difficulty Advanced (technique simple; ingredient quality non-negotiable)

Active 30 min (20 min ajoblanco snow freeze + 10 min plating)

Total 2 h 30 min (includes 2 h freeze for ajoblanco snow)

## THE STORY

### The Three-Minute Assembly, the Ninety-Minute Sourcing

The gamba roja de Denia is the red shrimp of the Mediterranean coast between Alicante and Valencia — carabineros' smaller, sweeter, more delicate cousin. Wild-caught from deep water off the Spanish coast, they come to market head-on, tail-on,

ice-packed, still flexing. They are among the three or four most valuable seafoods in Spanish cuisine. At a top Valencian restaurant in July, a plate of carpaccio de gambas rojas is a 15-gram portion that costs the kitchen €18 in shrimp alone and sells for €35 at the counter. Every Catalan and Valencian chef serving raw shrimp is making the same math — the only meaningful decision is what technique can justify NOT cooking them.

This recipe is that technique. Raw gamba roja sliced 2 mm thin while still cold from ice, draped over a freeze-cold plate, layered with a Spanish cold-soup tradition (ajoblanco — the Malagueño almond + garlic + bread emulsion) that has been churned into a fine crystalline powder by a single pass through a Pacojet or a finer-grained alternative: overnight freeze + fork-scrape. The ajoblanco snow melts from cold crystals to milky liquid on contact with the shrimp's warming flesh, creating a self-making sauce that meets the raw fish at the right temperature and consistency. Nine drops of cold-smoke-infused Arbequina oil — not hot-smoked, not liquid-smoked, but actual wood-smoke-exposed oil — provide the final register: smoke + oil + sweetness.

What makes this work is that every ingredient is at a different precisely-controlled temperature. The shrimp is just-above-freezing (0 °C), the ajoblanco snow is frozen (-18 °C), the plate is pre-chilled (4 °C), the smoked oil is refrigerated (10 °C), and the eating happens in the 15-30 seconds before the temperature differentials equalize. It is Mediterranean molecular cuisine without any equipment more exotic than a freezer and a 9-inch plate. The assembly takes three minutes; the ingredient sourcing takes ninety. Most of the work is in the getting-there, not the doing.

This closes the UMAMI-2 category at 5/5 v2-slate completion and complements `hamachi-crudo-yuzu-kosho` (Japanese raw-fish archetype), `tuna-tartare-sherry-soy` (Western raw-beef-style preparation), `aguachile-verde` (Mexican raw-seafood-in-sauce), `swordfish-ceviche-bottarga` (Mediterranean short-acid-cure) — each teaching a different raw-protein logic. This recipe's particular lesson: when the ingredient is unimpeachable, the technique is subtraction — you take away heat, take away complexity, take away salt, and what remains is the ingredient itself, three degrees colder than it has ever been.

## Specs

<p>YIELD</p> <p><b>4 as starter · 2 shrimp per person</b></p>	<p>SHRIMP</p> <p><b>Gambas rojas de Denia (Tier B) · Carabineros (Tier B+) · Wild head-on pink (Tier A)</b></p>	<p>SLICE THICKNESS</p> <p><b>2 mm (use sharp chef knife; yanagi- ba ideal)</b></p>	<p>PLATE TEMPERATURE</p> <p><b>4 °C (freeze 30 min before plating)</b></p>
<p>DIFFICULTY</p> <p><b>Advanced</b></p> <p>●●●●○</p>	<p>ACTIVE TIME</p> <p><b>10 min plating (30 min with snow prep)</b></p>	<p>COOK TIME</p> <p><b>Zero — fully raw</b></p>	<p>MAKE-AHEAD</p> <p><b>Ajoblanco snow: 2 h freeze · smoked oil: 3 h infusion · shrimp: à la minute ONLY</b></p>
<p>CARDINAL RULE</p> <p><b>Eat within 3 minutes of plating. No exceptions.</b></p>			

### UMAMI ADAPTATION

## What Changed & Why

Carpaccio de gambas rojas is a sourcing-first recipe — the technique is simple; everything depends on the shrimp being exceptional. If you cannot source head-on wild shrimp with translucent flesh and intact heads, this recipe is NOT for you tonight. Substitute with a cooked preparation (gambas al ajillo) and wait for the right shrimp.

Valid substitutions for the shrimp: wild Gulf pink (Casablanca Miami), Hokkaido scallops sliced thin (if you cannot source any raw shrimp but want the same technique family), or raw head-on red mazatlán shrimp from a trusted seafood direct source. For the ajoblanco snow, if the freezer-scrape is impractical, substitute with a drizzle of chilled ajoblanco liquid at 2 °C — loses the crystalline texture but retains the flavor. For the cold-smoke step, if you lack a smoke gun, serve with a drop of high-quality smoked olive oil (Columela Ahumada or similar bottled smoked oil) — inferior result but acceptable. Do NOT try this recipe with frozen-then-thawed shrimp; the flesh's texture degrades and the translucency is lost permanently.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
v 1 . 0	Classical Catalan-Valencian carpaccio de gambas rojas with ajoblanco	Ajoblanco-snow via freezer-fork technique (no Pacojet) + 3-pass cold-smoked oil + pre-frozen plate discipline + 10-min shrimp-translucency rule + 9-drop oil count	Closes UMAMI-2 at #6; teaches Mediterranean raw-seafood archetype + temporal plating + cold-smoke technique on oil

## What You Need

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### Everyday

#### **Everyday Tier — Whole Foods + Good Fishmonger**

- Wild-caught head-on pink shrimp — 12 count (U12 or 16/20, 4 per person × 4) from Casablanca Fish Market Miami or Whole Foods fish counter · 250 g whole
- Alternate: Wild Gulf pink shrimp from Casablanca or The Fish House (Kendall) · same size
- Ajoblanco ingredients (white gazpacho base):
  - · Marcona almonds — 100 g raw, skin-on
  - · Day-old white bread (sourdough or country) — 50 g crust removed
  - · Garlic — 1 clove peeled
  - · Arbequina olive oil — 4 Tbsp for ajoblanco emulsion
  - · Vinagre de Jerez — 1 Tbsp
  - · Ice-cold filtered water — 200 ml
  - · Fine sea salt — to taste
- Apple wood chips — 1/4 cup from hardware store or specialty grilling supplier
- Arbequina olive oil — 100 ml for smoke infusion
- Maldon sea salt — 1 tsp for finishing
- Micro cilantro or chives — small handful optional garnish
- Shiso leaves — 4 small if available (Whole Foods Asian section or Momi Market)

## No Limits

### No-Limits Tier — Denia-Direct and Summit Specialty

- Live gambas rojas de Denia from direct Spanish importer (La Jamoteca or Regalis Foods air-freight) — 8 whole head-on, 18-20 count · ~500 g · served same-day receive
- Alternate: Carabineros (scarlet shrimp, larger + more intense) from Regalis Foods — 4 whole (one larger shrimp per person = same plate impact) · ~400 g
- Alternate 2: Denia red shrimp from Marky's Miami or Mercado Little Spain if in stock — typically \$80-120/kg
- Marcona almonds — Despaña or La Jamoteca, DOP-certified Valencia origin — 100 g freshly-roasted
- Aged Arbequina — Castillo de Canena Reserva Familiar DOP or Oro Bailén — 150 ml (100 ml smoke infusion + 50 ml finish)
- Day-old pan de payés (Catalan country loaf) — 50 g from Flour & Weirdoughs Key Biscayne
- Peeled garlic — fresh single-clove purple garlic for ajoblanco sharpness, 1 clove
- Vinagre de Jerez Reserva — Ximénez-Spínola or Valdespino 30-year, 1 Tbsp
- Apple wood or cherry wood chunks — Fogo Charcoal or local hardwood specialty store · 1/4 cup for cold smoke
- Maldon sea salt flakes — 1 tsp from Williams Sonoma or Whole Foods (premium matte salt, never iodized)
- Shiso (perilla) leaves — Momi Market Miami, 4 young small leaves for plate accent (Kaisen-class garnish)
- Micro-herbs — Gourmet Greens Miami or Marx Foods · micro cilantro + micro chervil · small bunch for finishing

### EQUIPMENT

## Your Kit

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- High-speed blender (Vitamix or Pacojet) for ajoblanco
  - Fine-mesh sieve for ajoblanco straining
  - Shallow freezer-safe container (metal preferred) for snow
  - Sharp chef's knife or yanagi-ba sashimi knife for shrimp slicing
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Cold-smoke device OR smoke gun (Breville, Polyscience) with wood chips

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4 shallow plates, pre-frozen 30 min before plating

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Fork + small spoon for snow-scraping + oil-dropping

#### MISE EN PLACE

## Before You Start

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Evening before OR morning-of: Build ajoblanco. In high-speed blender, combine 100 g almonds + 50 g bread (crust removed, soaked in 100 ml cold water) + 1 garlic clove + 1 Tbsp sherry vinegar + 4 Tbsp Arbequina + pinch salt. Blend 60 sec on high. Add 200 ml cold filtered water gradually, blend 90 more seconds until velvety. Strain through fine-mesh sieve into shallow freezer-safe container. Cover, freeze 2+ hours until solid.

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Morning-of OR 3 h ahead: Build smoked oil. Pour 100 ml Arbequina into shallow bowl. Using cold-smoke device with apple or cherry wood chips, fill a covered bowl with cold smoke for 90 seconds. Cover + rest 30 min. Repeat smoke-infusion 2 more times (3 total exposures). Refrigerate oil until plating.

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30 min before plating: Place 4 plates in freezer to chill (4 °C internal).

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15 min before plating: Retrieve shrimp from fridge. Peel gently, removing heads (reserve for caldo or stock). Remove digestive vein from back. Rinse briefly in ice water. Pat dry carefully with paper towel. Return to fridge on covered plate.

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5 min before plating: Remove ajoblanco-ice-block from freezer. Using fork tines, scrape top of block with pressure — creates fine crystalline snow. Scrape 2 min, gathering snow into a bowl. Keep bowl in freezer.

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2 min before plating: Retrieve plates, shrimp, snow, smoked oil, Maldon. Plate immediately.



## METHOD

# The Cook

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### 1 Phase 1 · Ajoblanco Foundation + Freeze to Snow (60 min active + 2 h freeze)

1. Toast 100 g Marcona almonds in a dry pan over medium heat 3-4 minutes until fragrant and slightly darker — do not brown deeply. Cool completely. (Skip if using pre-roasted Marcona.)
2. Cut 50 g of day-old white bread (crust removed) into cubes. Soak in 100 ml cold filtered water for 2 minutes. Squeeze out excess water — bread should be moist but not dripping.
3. In high-speed blender, combine cooled almonds + soaked bread + 1 peeled garlic clove + 1 Tbsp Vinagre de Jerez + 4 Tbsp Arbequina + pinch fine sea salt.
4. Blend on high 60 seconds. Scrape down sides.
5. With blender running on low, stream in 200 ml ice-cold filtered water. Increase to high. Blend 90 more seconds until completely smooth and velvety (should pour like light cream).
6. Strain through fine-mesh sieve into a shallow freezer-safe container (metal works best — even cooling, easier snow-scrape). Press gently with a rubber spatula.
7. Taste. Correct salt + vinegar balance. Ajoblanco should be savory, nutty, slightly sharp, with a whisper of raw-garlic bite. If too garlicky, add more water or almonds.
8. Cover surface with parchment paper (prevents freezer-burn). Freeze flat 2-4 hours until solid throughout.
9. When ready for snow: remove from freezer. Using fork tines, scrape the surface of the frozen block with firm pressure. Long passes. The fork should produce fluffy white-beige crystalline snow. Scrape 2-3 minutes until you have a bowl full. Return any un-scraped block to freezer immediately (can re-scrape next time).



#### WHY THIS WORKS

Ajoblanco is an Al-Andalus-era Spanish cold soup — almond + garlic + olive oil + bread emulsion. Freezing it creates ice crystals between the water + emulsion components. Fork-scraping mechanically disrupts the block, producing micro-crystals of frozen liquid rather than hard shards (Pacojet does this in 30 seconds with rotating blades; fork does it in 2-3 minutes with forearm effort). The finer the crystal, the more evenly it melts on the shrimp — a slush melts unevenly and pools. A proper snow should feel like fresh new-fallen snow, with crystals 1-2 mm in size.

## 2 Phase 2 · Cold-Smoked Oil (30 min over 3 h)

1. In a wide shallow bowl, pour 100 ml good-quality Arbequina olive oil. Cover the bowl with a second inverted bowl or a large lid — you need airspace above the oil that can be filled with smoke.
2. Using cold-smoke device (Breville smoke gun with apple or cherry wood chips, or equivalent), insert the nozzle under the cover so it's exposed to the airspace above the oil (NOT submerged in the oil).
3. Ignite wood chips per device instructions. Fill the covered airspace with visible white smoke for 90 seconds — you should see the space go cloudy.
4. Remove nozzle, seal cover tightly. Let sit 30 minutes. The oil absorbs smoke compounds from the airspace via gas-phase diffusion.
5. Repeat: re-smoke the airspace for 60 seconds. Seal, rest 30 minutes.
6. Repeat one more time. Total: 3 smoke-infusion passes, 90+60+60 seconds of smoke, 3 × 30 min rest.
7. Strain the oil through a fine-mesh sieve (remove any wood-chip particulate). Transfer to a small jar or bottle. Refrigerate until plating.
8. The oil should taste unmistakably of wood smoke + olive-oil sweetness, but not of char or ash. If it tastes harsh, you over-smoked; in that case, dilute with fresh Arbequina 1:1.

### WHY THIS WORKS

Cold smoke (under 30 °C) differs from hot smoke (>80 °C) in chemistry. Hot smoke volatilizes heavier phenolic compounds (guaiacol, syringol) that dominate with bacon-smoke flavor. Cold smoke primarily deposits lighter aromatics (cresols, furfural) that sit on the oil's lipid surface without denaturing it. Olive oil's monounsaturated fats absorb these compounds via van-der-Waals interactions — a gentle physical sorption, not a chemical reaction. Three shorter exposures with rest periods produce a cleaner smoke profile than one long exposure, because the oil has time to equilibrate between doses.

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### Phase 3 · Shrimp Preparation (15 min, à la minute)

1. Retrieve shrimp from refrigerator. Work on a cold surface (marble or chilled cutting board).
2. For whole head-on shrimp: gently twist the head from the body with a clockwise motion. Reserve heads for caldo, shrimp stock, or fish broth (never discard).
3. Peel the tail shell completely. Remove the digestive vein (black thread along the back) by cutting a shallow 2-mm slit along the dorsal side with the tip of a paring knife, then lifting out the vein with a toothpick or knife tip. Rinse briefly in ice water; pat dry gently.
4. Lay the shrimp flat on a cold cutting board. Using a VERY sharp chef's knife or yanagiba, slice the shrimp in half longitudinally (butterfly cut) if they are large (>20 g each); leave whole if smaller (carabineros especially are usually kept whole-body and sliced thin from above).
5. Alternate slicing method — slice each shrimp into 3-4 diagonal pieces 2 mm thick, keeping the natural arc of the shrimp's body visible.
6. Lay sliced shrimp on a small plate + return to fridge until plating.
7. Critical: the shrimp must be FRESHLY PEELED within 10 minutes of plating. Once peeled, oxidation begins. Once sliced, even faster. If you peel more than 10 minutes early, the flesh greys and loses translucency.



#### WHY THIS WORKS

Raw shrimp flesh is primarily myofibrillar proteins (actin + myosin) in a structured cell matrix. When intact (still in the shell), these proteins are oxygen-protected. Peeling breaks the protective barrier and exposes myoglobin + hemocyanin (the blue-pigment oxygen-carrier in shellfish blood) to air. Exposure oxidizes hemocyanin to its brown/grey form within 10-15 minutes — this is why peeled shrimp starts looking 'off' if left too long. Slicing accelerates oxidation by increasing surface area. The mitigation is time-compression: peel → slice → plate → serve in under 10 minutes. Temperature further slows oxidation; keeping shrimp at 0-2 °C gives you a few extra minutes of buffer.

## 4 Phase 4 · Plating + Service (3 min)

1. Retrieve pre-frozen plates from freezer. They should be frost-cold to the touch.
2. On each plate, arrange the sliced shrimp in a loose spiral or fan pattern. 2 shrimp per person = 6-8 slices per plate. Leave slight gaps between slices so snow can settle between them.
3. Using a small spoon, gently scoop ajoblanco snow from the freezer-cold bowl. Dust it evenly over the shrimp — you want a light, even blanket 3-4 mm deep. Do NOT pile it; the snow should cover the shrimp without burying it.
4. Using a small dropper or small spoon, drop 9 drops of smoked oil onto the plate — landing on the snow in different spots. The drops will sit as silver beads on the snow's surface (oil won't absorb into ice, creating a visual pearl effect).
5. Add 3 small shiso leaves or a light scatter of micro herbs to the plate edge if using.
6. Finish with 3-4 flakes of Maldon sea salt directly on the shrimp (not on the snow — the snow will dissolve the salt).
7. Carry plates immediately to the table. Instruct guests to begin within 30 seconds.
8. The snow will begin melting within 60 seconds and be fully liquid within 3 minutes. This is the window. Every second after 3 minutes, the dish degrades. At 5 minutes, the ajoblanco is a watery sauce, the shrimp has warmed, and the texture contrast is gone.



### WHY THIS WORKS

The plate is a thermodynamic race. Frozen snow at -18 °C + shrimp at 0 °C + oil at 10 °C + plate at 4 °C + room at 22 °C. All five temperatures begin equalizing the moment the plate leaves the freezer. The snow melts fastest (highest thermal gradient). The shrimp warms slowly (dense protein, low surface-to-volume for typical size). The oil sits in between. The eating window is defined by how long the snow stays snow — roughly 90 seconds on a 4 °C plate, 60 seconds on a 10 °C plate, 3 minutes on a -18 °C plate. Pre-freezing the plate buys the most time; it is not optional.

### QUICK REFERENCE

## Timing Cheat Sheet

STEP	TIME	CUE
Ajoblanco build + freeze	T- 4 h (or evening before)	Velvety pour; freeze solid

STEP	TIME	CUE
Smoked oil infusion (3 passes)	T- 3 h	Oil golden with subtle smoke perfume
Plates in freezer	T- 3 0 min	Plates at 4 °C
Shrimp peel + clean	T- 1 5 min	Flesh intact, devein complete, dried
Snow scrape	T- 5 min	Fine crystalline snow ready
Plate + serve	T- 0	Eat within 3 minutes

## TROUBLESHOOTING

# Emergency Protocols

 UNDEFINED

undefined

 UNDEFINED

undefined

 UNDEFINED

undefined

 UNDEFINED

undefined

# Technique Notes

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## Freezer-to-Snow Technique (No Pacojet Required)

### FUNDAMENTAL

Any liquid emulsion (ajoblanco, gazpacho, fruit purée, herb oil, sauce) can be converted to crystalline snow via this protocol: (1) blend to velvet smoothness, (2) strain, (3) freeze flat in a metal pan 2-4 hours, (4) scrape the frozen top with fork tines. The finer the original emulsion, the finer the final snow. Pacojet achieves this in 30 seconds via rotating blades; fork-scrape does it in 2-3 minutes via mechanical shear. The result is functionally identical for a plate preparation.

## Cold-Smoke Infusion for Oils

### FOOD SCIENCE

Cold smoke (<30 °C) deposits aromatic phenols onto oil surfaces without denaturing the oil's lipid structure. Hot smoke (>80 °C) adds bitter and harsher notes from heavier smoke compounds; cold smoke preserves the oil's flavor while adding only the lighter, cleaner smoke aromatics. 3 × 60-90-second exposures with 30-minute rests between = cleaner profile than one long exposure. Apple and cherry wood give mild-sweet smoke suited to seafood. Hickory + mesquite are too aggressive for this application. Olive oil absorbs smoke best; neutral oils absorb less.

## Triple-Temperature Plating

### SERVICE ARCHITECTURE

Cold seafood preparations benefit from having every element at a distinct controlled temperature — frozen (-18 °C), refrigerated (4 °C), chilled (10 °C), room (22 °C). The temperature cascade creates temporal structure on the plate: each element reaches its serving temperature at a different moment as the dish sits. On carpaccio de gambas rojas: snow melts first, oil emulsifies in melted ajoblanco, shrimp warms last. Matches the Japanese omakase-tempo concept — each bite has a distinct pace. Cross-ref `corvina-ceviche-leche-tigre`, `hamachi-crudo-yuzu-kosho`.

## Shrimp Translucency Preservation (10-Minute Rule)

### FRESHNESS CONTROL

Peeled raw shrimp oxidizes within 10-15 minutes — flesh turns from coral translucent to grey-brown as hemocyanin oxidizes. Slicing accelerates it. The recipe demands: peel → slice → plate → serve in under 10 minutes. For dinner-party service, organize the kitchen so peeling and slicing happen IMMEDIATELY before plating, not during mise-en-place hours ahead. This is the opposite of most recipes' 'prep ahead' advice. Raw shrimp is the exception.

## Ajoblanco as Cold-Sauce Archetype

### SPANISH FUNDAMENTALS

Ajoblanco (white gazpacho) is the Al-Andalus-era Spanish cold soup: almond + garlic + olive oil + bread + vinegar + ice water emulsion. Pre-gazpacho (Columbian exchange brought tomatoes), pre-modern-blender, this was the original Spanish summer cold liquid. Unlike red gazpacho, ajoblanco relies on almond fat + bread starch for body instead of tomato pectin. Serves as sauce, soup, and — in this application — snow. Cross-ref `ajoblanco-malagueno-tm6` for traditional soup form, `gazpacho-tm6` for red variant.

## Nine-Drop Discipline

### PLATING

Counting drops is a kitchen discipline, not a superstition. Nine drops of smoked oil across a 4-shrimp plate = roughly 1 ml total — enough to provide register across every bite without dominating. More oil pools and overwhelms the snow; less oil disappears and fails to signal. The count forces precision. If using a different plate size or guest count, maintain the 2-3 drop-per-shrimp ratio and adjust the eye dropper accordingly.

## Head-On Shrimp: The Head Is the Stock

### ZERO-WASTE

Raw red-shrimp heads are the single most concentrated source of shellfish flavor in the kitchen. Never discard. Freeze for up to 3 months in a zip-top bag. Use for: caldo base for arroz caldoso de bogavante, bisque for cocochas or pil-pil variant, shrimp-butter for finishing rice dishes, or straight-up salsa de gambas for pasta. 8 shrimp heads = enough flavor for 1 L of concentrated shellfish caldo. Cross-ref `arroz-caldoso-bogavante` (uses lobster-head technique; same principle).

### PAIRING

## What to Drink

### White

Txakoli de Guetaria — Ameztoi or Itsasmendi

*Bright, slightly sparkling, saline Basque white echoes sea water + cuts fat richness*

### White

Albariño Rías Baixas — Pazo de Señorans or Paco & Lola

*Classic Spanish seafood pairing; stone-fruit + salinity matches red shrimp sweetness*

### Sparkling

Cava Gran Reserva Brut Nature — Recaredo or Gramona

*Yeasty autolytic notes complement almond + smoke; bubbles cleanse between bites*

### Sherry

Manzanilla en rama — Hidalgo La Gitana

*Saline Andalusian sherry is a near-perfect pairing for raw shellfish; specifically en-rama unfiltered version*

## **Sake**

Junmai Ginjo — Dassai 45 or Juyondai

*Light floral-rice notes provide umami without competing with shrimp sweetness;  
Nikkei-style cross-cuisine pairing*

## **Non-alc**

Chilled Manzanilla vinegar + soda + lemon rind + Maldon-rimmed glass

*Mock-sherry presentation; acidity + salinity in the glass echoes the plate*

### CONTEXT

## **Menu Ideas**

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### **Opener (before this)**

None — this IS the opener. Serve first and alone.

### **Primo/Pasta**

Fideuà (UMAMI-11) — noodle variant of paella family; continues coastal Mediterranean arc

### **Secondo**

Merluza a la Plancha con Refrito (UMAMI-4) — continues the seafood + plancha discipline

### **Dessert**

Helado de Aceite de Oliva (UMAMI-5) — closes with olive-oil echo + Mediterranean cohesion

YOUR NOTES

# Cook Log

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## Session Notes

Date: \_\_\_\_\_ · Serves: \_\_\_\_\_ · Rating: \_\_ / 5

*Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.*



Stop following recipes. Start understanding food.

