

Potpourri

"Olla podrida's name changed to "pot-pourri" which is the current word for dried plants and flowers all mixed together as air freshener. Nowadays the dish has reappeared and it's easy to find, specially in Burgos and surroundings towns."

Spanish Foods, Other foods related to Olla is Brunswick Stew and Hotch-Potch

N.

... pot-pourri, 1610s, "mixed meats served in a stew," from *French pot pourri* "stew," literally "rotten pot" (loan-translation of *Spanish olla podrida*), from *pourri*, past participle of *pourrir* "to rot," from Vulgar Latin **putrire*, from Latin *putrescere* "grow rotten" (see *putrescent*). Notion of "medley" led to meaning "mixture of dried flowers and spices," first recorded in English 1749. Figurative sense (originally in music) of "miscellaneous collection" is recorded from 1855.

Online Etymology Dictionary, © 2010 Douglas Harper

Enjoy the Recipes below

Olla podrida

Ingredients (10 portions):

*Most of these ingredients are dispensable.

10 1/2 oz / 300 grams of haricot beans

1 lb 1¾ oz / 500 grams of beans

1 pig ear

1 trotter

1 lb 1¾ oz / 1/2 kilo of marinated pork ribs

3 blood sausages

3 chorizos

1 lb 1¾ oz / 1/2 kilo of ox meat

1 hen

1 duck

1 quail

8¾ oz / 250 grams of lamb

1 piece of bacon

3½ oz / 100 grams of chicken liver and gizzards

2 onion

2 leeks

1 green pepper

1 cabbage

2 carrots

1 celery

2 garlic bulbs

1 bay leaf

2 tbs of flour

Olive oil

Salt

Preparation:

Soak the beans 24 hours in advanced in a clay cooking pot. In another pot soak the ear and trotter

After the soaking scrape the meats with a knife and clean properly with plenty of warm water

Put the beans in a pan with plenty of water and put on the fire at medium heat. Add salt and pepper to taste and let it cook for several hours, until the beans are soft

Dice the onion and garlic and half green pepper, stir-fry along with the bacon, then add 2 tbs of flour and stir. This will be added to the broth a little before the cooking is done

In a large pan cook the ox meat, the lamb, the hen, the duck and partridge cut (all three cut in cubes), the livers and gizzard

Add an onion, the celery and leeks and the remnant green pepper, the sliced carrots, plenty of garlic, the bay leaf and lots of oil

Cover all the ingredients with cold water and cook at maximum heat, skimming continuously

Add the trotter and ear to the beans pan, with some of their broth, add a little broth to the meat pan too

Let the meat cook a couple of hours at low heat, and add broth when necessary. Some meats will be tender sooner than others, remove from the pan those that are ready

Once all the meats are ready add them to the olla podrida and drain the broth to serve as soup

Traditionally the soup is served first along with some bread slices. The other ingredients were served later, each diner will choose whatever they like

Old Rose and Lavender Potpourri

- 1/2 cup rose petals
- 1/2 cup lavender blossoms
- 1/2 cup sweet woodruff
- 1/2 cup pot marjoram leaves and blossoms
- 1/4 cup mint
- 2 teaspoons orange peel
- 2 teaspoons whole cloves
- 1/2 teaspoon crushed cinnamon stick
- 2 drops each of lavender and rose oils
- 1/2 teaspoon powdered orrisroot

Combine the first eight ingredients. Sprinkle the oils and the orrisroot over the dry ingredients and mix well. Place in a covered jar, and stir gently every few days for a month, until the scents have blended and mellowed. Remove the jar's cover to freshen a room, but be sure to replace the cover between times of use. All potpourris need time to recoup their scents. The above recipe will also work well in sachets.

Traditional Rose Potpourri

Ingredients:

- 4 pints rose petals
- 2 pints lavender Flowers
- 1-pint rosemary
- 1-cup cloves
- 1-pint lemon verbena leaves or lemon grass
- 1-cup whole allspice
- 1/3 cup juniper berries
- 1/2 cup anise seed
- 1/3 cup Benzoin gum powder or Orris root preservative
- 1-cup pickling salt

15 drops Oil of Rose

7 drops Oil of Rose Geranium

Directions:

Layer Flowers on the bottom of plastic pail. Add herbs, berries, and spices. Top with preservatives and salt, then put drops of oil onto the salt. Mix and cover pail. Continue to mix the ingredients every day, for six weeks. Store in plastic bags until ready for use.

Citrus Delight

Ingredients:

1 cup peppermint leaves

1/3 cup lemon verbena leaves

1/3 cup lemon balm

1/4 cup tarragon

1/2 cup rosemary

1/2 cup juniper berries

4 cups dried orange peels

4 pints dried Flower petals (roses, or any dried Flowers you have collected)

1/3 cup Benzoin gum powder or Orris root preservative

1/2 cup pickling salt

15 drops lemon oil and lime oil

Directions:

The ingredients are layered starting with dried Flowers, herbs and spices (whole cloves or allspice may also be added). Top with preservatives, salt, and oils. The purpose of layering in this sequence is that it helps evenly distribute the preservatives, salt, and oils onto the petals. You are, in fact, pickling and preserving a mixture that you would like to use for many years.

Tilly: If you haven't the patience to wait for a month or more, you can quickly create essential oil potpourris and bring the fragrance of flowers and fruits into your home.

Floral Air Freshener

Put 4fl.ozs/120ml purified water in a spray bottle

Add the following essential oils:

10-12 drops jasmine

10-12 drops cinnamon

30 drops geranium

25 drops rose

15 drops bois de rose

10 drops clove

Tighten cap, shake contents, and spray into the air. Fragrance intensifies as it ages.

Minty Air Freshener

4fl.ozs/120ml purified water in a spray bottle

Add the following essential oils:

30-40 drops spearmint

15 drops peppermint

10 drops patchouli

10 drops petitgrain

Tighten cap, shake, and spray into the air. Intensifies as it ages.

Citrus Air Freshener

4fl.ozs/120mls purified water in a spray bottle

Add the following essential oils:

30 drops orange

30 drops lemon

20 drops patchouli

20 drops grapefruit

Tighten cap, shake and spray into the air. Intensifies as it ages.

Before you create these, you can knock up a potpourri stew ... beef with red wine, orange and black olives would be good.

Tilly's potpourri Stew

Saute some thinly sliced onions – depends on how many you want to feed.

Add some cubed shin of beef (love the gelatinous end result this cut gives). I don't bother sealing the meat – it is deliciously tender after a long, slow period in the oven or stove top.

Season with freshly ground black pepper, not too much sea salt, a couple of cloves, a cinnamon stick, one or two bouquet garni, the peel from an orange – and fresh garlic. No need to peel the clove(s) – they will be sweet and delicious when the time comes to eat them.

I often add some anchovies – they melt into the sauce adding a certain je ne sais quoi to the flavour, with no sense of fish present in the dish.

Cover with half red wine, half beef, chicken or vegetable stock (homemade, natch).

Put in a cool-medium oven or on a low light/heat on the hob. Or in a slow cooker if you have one.

Cook for a minimum of three hours, checking occasionally. Add more wine – and a generous slug of port? – to the mix as needed.

Near the end of cooking, check the seasoning – you may like more sea salt than I do – add lots of fresh herbs (chop the stalks too – they have much of the flavour). Cook till you are ready to eat.

Garnish with plenty of shiny, fat and juicy black olives, a generous handful of fresh herbs and the shredded rind of an orange.

Have a bottle of red wine ready to share. If it hasn't breathed enough – give it mouth-to-mouth ...