

GAZPACHO SOUP

Ingredients:

- 1 green pepper
- 2 tomatoes
- 1 cucumber
- 1 clove of garlic
- 2 slices of bread
- A quarter of a litre of water
- A spoonful of olive oil
- A teaspoon of vinegar
- A bit of salt

Preparation:

Cut the vegetables (pepper, tomatoes, cucumber and garlic). Soak the bread in the water and then mix with the vegetables. Add some oil, some vinegar and a bit of salt. Finally, mash all the ingredients with a mixer.

It's better to serve it cold.

ROAST LAMB



Ingredients: (for 4 people)

- 1kg lamb
- 2 medium potatoes
- 1 clove of garlic
- 50 ml of white wine
- Some oil
- Some salt

Preparation:

Pre-heat the oven while you slice the potatoes and cook them for half an hour.

Place the salted meat on the potatoes and let it cook for an hour.



Turn the meat over twice or three times while it is cooking.

Chop the garlic and mix with the wine, and add to the meat at the end.

Serve it warm.

SPANISH OMELETTE



Ingredients:

- Four eggs
- Four medium size potatoes
- One medium onion
- 2-3 cups of olive oil for pan frying
- Salt to taste

Preparation:

Peel and slice the potatoes and onions thinly.



Heat the olive oil in a frying pan, carefully place the potatoes, then the onion, fry them for about 10 minutes, stir occasionally. Do not let them turn Brown, just tender.



Meanwhile, beat the eggs in a large bowl with a bit of salt. Pour in the potatoes and onions (drain the excess of oil) and mix gently.

Leave just a tablespoon of olive oil in the frying pan, pour in the mixture and keep the heat at medium for about 3-4 minutes. Put a plate over the mix and turn over the tortilla gently. Cook this side for about 2-3 minutes. When you return it to the pan press down the sides to create the classic



shape of *tortilla de patatas*.

Let sit at room temperature for 10 minutes, ready to serve!

TOAST WITH CURED HAM

Ingredients:(for 4 people)

- 4 slices of bread
- 2 cloves of garlic
- 1 or 2 tomatoes
- 4 slices of cured ham
- 2 spoonful of olive oil



Preparation:

Cut the bread in slices and toast them a bit. Rub the bread with the garlic and add some olive oil. Place the ham on the bread. Then, we can enjoy eating this typical Spanish “tapa”.



TORRIJAS



Ingredients:

- Some dry bread
- 2 eggs
- Half a litre of milk
- Half a cup of sugar
- A piece of orange and lemon peel
- Some ground cinnamon
- Some olive oil



Preparation:

Put the orange and lemon peels, the ground cinnamon and the sugar into the milk, heat it and put it away just before boiling.

Meanwhile, cut the bread into slices of one and a half centimetres and beat the eggs in a bowl. Soak the slices of bread in the milk and then, in the egg.

Fry them in hot olive oil until brown and crusty

Finally, sprinkle them with sugar. Serve them as a dessert or at tea time.

ENJOY THEM!

Calories: 120

