



## Spanish Dishes

### Spanish omelette (Tortilla de patatas)



#### Ingredients

- ½ cup olive oil
- 8 eggs
- 5 medium-sized potatoes, cut into 2 cm pieces
- 1 large onion, chopped
- Salt, to taste

#### Instructions

1. Heat the oil in a nonstick medium-sized pan.
2. Fry the potatoes with medium temperature covering the pan with a lid and mixing from time to time.
3. Add the onion before the potatoes are completely soft and fry until transparent.
4. Drain the oil (use a metal colander)
5. Beat eggs with salt to taste.

6. Pour potatoes and onions into the egg mixture and then pour the mix into the pan. using a plastic spatula.
7. Cover the pan with the lid and when the egg is solid shake the pan gently so that the mixture get loose.
8. Place a big, round plate on top of the pan, and with your hand holding the plate, flip the tortilla onto the plate. Then, slide the tortilla back into the pan carefully, moving the onion and potatoes carefully back into the pan along with the tortilla.
9. Keep cooking until completely cooked through.
10. To remove the tortilla from the pan, place a clean plate on top of the tortilla and flip again onto the plate.
11. Serve with a salad, or use as an entree or appetiser.

### Croquettes



#### Ingredients

- Traditionally made with leftover chicken remaining from “Spanish cocido” or other recipe, but there are several other tastes (ham, mushrooms, black pudding...)
- 50 ml oil (you can also use butter or mix both)

- One onion
- 200 ml of milk (one glass)
- 400 mL of flour (two glasses)
- Breadcrumbs and 2 eggs for coating
- Salt and nutmeg

#### Instructions

1. Start by heating the butter and oil in a heavy pan. When fully melted and hot, add the onion chopped in small pieces (you can use a micer) and sauté for about five minutes, until just starting to color.
2. Next, add the nutmeg and a pinch of salt. Mix and then add the chicken and cook for no more than a minute. Add the flour and sauté, mixing constantly to cook the flour as much as possible without burning it. Once it is browned a bit it's time to add the milk.
3. Begin to add the milk, little by little, stir constantly until the dough is creamy and doesn't stick to the pan.
4. Pour the croquette dough into a large bowl and let it cool to room temperature. Cover it with plastic wrap (directly on the dough) and store it in the fridge for at least four hours (but ideally overnight). When it's cool, take it out of the fridge and make little croquette logs.
5. Prepare flour, beaten eggs, and bread crumbs in separate bowls. This is a three step breading process: cover in flour, then egg, then bread crumbs. Place on top of wax paper if you wish so they don't stick.
6. Finally, heat olive oil in a heavy frying pan and once hot (but not smoking) add the croquettes. Turn them mid way to ensure they brown evenly on all sides. They should take about five minutes to fry.

## Gazpacho



### Ingredients

- 1 kg of tomatoes
- Half a piece of green pepper
- 1 onion
- One cucumber
- 2 cloves of garlic
- A slice of bread (optional)
- 50 mL of olive oil
- A splash of vinegar
- A pinch of salt
- 1 litre of cold water

### Instructions

1. Wash the tomatoes and green pepper, peel the cucumber, garlic and onion.
2. Chop the vegetables in pieces and put all together in the blender along with the bread water and salt.
3. When all is well mixed add the oil and blend again, put vinegar and try in case it needs more salt.
4. Serve it cold in a glass.

## Migas (crumbs)



This recipe is traditionally made to use the hard remaining bakery bread at home.

### Ingredients

- The equivalent to two loaves of bread
- Garlic at taste
- 200gr of flour
- Salt
- About 100 ml of olive oil

### Instructions

1. Dip the pieces of bread in water for half an hour
2. Squeeze strongly with your hands and drain as much water as possible
3. In a frying pan heat the oil and put the garlic cloves
4. When the garlic is golden add the bread crumbs and start to mix with the help of a spatula
5. Add the flour gradually as you mix for about 15 minutes.

6. The dish is ready when the crumbs get brown and soft

7. Traditionally they are served accompanied by melon cut into dices, grilled green pepper, bacon, sardines or anchovies, sausage.

## Arroz con leche (Spanish rice pudding)



### Ingredients

- ½ pound of long grain rice
- 2 ½ cups of milk
- 2 cups of water
- 1 cinnamon stick
- ½ cup of sugar
- ½ teaspoon salt

### Instructions

1. In a heavy saucepan put the water, rice, and cinnamon stick.
2. Cook until it has a spongy consistency, then add the milk, sugar and salt.
3. Cook on low heat until the liquids evaporate and it has the desired consistency.