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World famous Spanish recipes

One of the most widely known, & well loved, traditional Spanish recipes is Spanish omelet. This Spanish recipe is amazingly versatile & can be served hot or icy, as a starter – as a snack or as a main work with a salad. Cut in to cake-like wedges, it is ideal for packed lunches & picnics.

Peel the potatoes & cut in to half inch/12mm cubes. Cook in boiling salted water for 5 minutes, until tender. set aside to drain. Meantime, peel & chop the onion – peel & crush the garlic – de-seed & cut the pepper in to half inch/12mm squares.

Heat the rest of the oil in the pan. Add the potatoes & cook for 8-10 minutes while stirring. Beat the eggs together & add in the cheese, season with salt & pepper. Return the onion mixture to the pan, combine with the potatoes & sprinkle with the parsley. Reduce the heat & add the egg mixture evenly over the vegetables. Cook over a low heat for 8-10 minutes, or until the eggs are set. Loosen the edges & turn out onto a plate.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



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In a huge frying pan, heat half of the oil over a medium heat. Fry the onion for 2-3 minutes. Add the garlic, peas & red pepper – fry for a further 3-4 minutes, then set aside on a plate.

You are now ready to serve six of the most famous of traditional Spanish recipes. For a meaty alternative, add some diced ham or bacon, or some chorizo sausage.

Microwave corn

First take a pair of kitchen scissors & cut the top of the husk (where the silk comes through & looks like a long beard) off, so the tip of the corn is barely showing.

Microwave corn on the cob is a great way to be going if you are short on time or if you have run out of cooking surface. This is a step-by-step tutorial to show you how easy & appetizing this method can be.

Next they need to get some moisture in to the corn so it

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steams as it cooks in the microwave. If you have the time, take your ears of corn & soak them in a huge container of water for 30 minutes prior to cooking. If you don't have that kind of time, wrap the ears in a damp towel.

Cooking is an art. I love to cook.

<http://www.planyourdinner.com>

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