

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.

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.

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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 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.
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