



Tortilla de Patatas

Ingredients (for 4 people)

- 4 eggs
- 2 medium sized potatoes
- 250mL of Extra Virgin Olive Oil
- Salt

Instructions

1. Peel the potatoes and cut the potato into 1-1.5 inch cubes.
2. If you have time, I like to rinse the sliced potatoes under water to get the starch off and prevent them from sticking. Then leave them to dry (or pat them dry).
3. Heat the enough oil in the frying pan (about 1cm or ½ an inch - the oil should not quite cover the potatoes when you add them).
4. Once the oil is hot add the potatoes and fry them, moving them occasionally so they don't stick and are cooked evenly. You fry them until they are cooked on the inside and slightly crispy around the edges, but not completely crispy. This can take about 15-20 minutes.
5. Set the potatoes aside until they no longer have steam coming off them. We want them to cool so they don't cook the egg when you add them to the egg (so the potatoes can still be warm, just not so hot that they'll cook the egg).
6. In a large bowl crack the eggs and a couple of pinches of salts and beat the eggs for about 30 seconds.
7. Take the fried potatoes out of the pan and add them to the egg, mix well and pour the mixture back into the frying pan. Before the mixture back into the pan you can taste it for salt and add more salt if necessary (in Spain it is considered normal to eat raw egg).
8. Let it cook on medium heat for about 5 minutes.
9. Once you sense (or smell) that it's nicely golden brown on the bottom side, this is the moment of truth: flipping the tortilla!
10. Take a flat pan lid with a handle (or large plate) and cover the top of the pan with it, then flip the pan so the tortilla is left sitting atop the pan lid or plate. Then slide the flipped tortilla back into the pan, using a spatula to ease it out.

11. Let the tortilla cook for another 5 minutes or so. Then flip it back onto the plate and leave it to rest for 10 minutes before eating.
12. It should be gooey on the inside! If you don't like it gooey, simply let it cook for longer on each side, taking care so it doesn't burn (you might need to cook it over lower heat).

Gazpacho

Ingredients (for 4 people)

- 1kg or 2.2 pounds of ripe tomatoes
- 1 sweet onion
- 1 cucumber
- 1 green bell pepper
- 1 clove of garlic (optional, if you like garlic)
- Bread crumbs from 1-2 slices of bread (optional - these are for texture only)
- Extra virgin olive oil
- White wine vinegar or Sherry vinegar
- Salt

Instructions

1. Peel the cucumber, onion, and garlic, and wash the tomatoes and green pepper.
2. Put all the vegetables and the bread crumbs in the blender and blend until smooth.
3. Strain the mix through a fine mesh strainer to remove the seeds.
4. Mix in the olive, vinegar and salt and taste best before adding more.
5. Place in the fridge for one hour before serving.

Pan con Tomate

Ingredients

- Any kind of flatbread, ciabatta, or round bread loaf cut in slices.
- Mature tomatoes (1 a tomato per person is a good guideline)
- Extra virgin olive oil (to drizzle on top)
- Salt

Instructions

1. Cut the bread and cut the tomatoes in half going across the middle and the core (not from top to bottom)..
2. Rub the open edge of the tomato over the bread, and top with olive oil and salt.

Sangria

Ingredients

- 1 liter of young (unaged) red wine
- 1 liter of homemade lemonade, or Fanta Lemon (or similar)
- ½ cup of brandy (or Cognac, Armagnac, or even dark rum)
- One stick of cinnamon
- 4-5 whole fruits. Citrus is a must (orange, lemon) and other good options include apples, pears, peaches, nectarines, plums)
- Ice cubes

Instructions

1. Wash all the fruit and cut it up into pieces.
2. Put the pieces of fruit in a jug then add the wine, the lemonade, the Brandy and cinnamon, and let it sit for a while.
3. Add ice cubes before serving, or alternatively, put ice in glasses and pour over the top, and enjoy!