

# Dishes from Spain

## Gazpacho

### Ingredients:

- Tomatoes (6)
- Bread (250 g)
- Green Pepper (1)
- Cucumber (1)
- Olive oil (100 mL)
- Vinegar
- Salt
- Garlic
- Water
- Onion

### Instructions:

1. Cut the tomatoes in pieces and place them in a big bowl.
2. Peel the cucumbers and remove the seeds in the peppers. Chop them and add to a bowl.
3. Add garlic, generous virgin olive oil, vinegar, salt, and cold water to a blender or a bowl.
4. Blend until smooth. Then add oil, vinegar and salt to taste.

It can be served as a cold drink or as a cold soup, in which case can be accompanied with diced bread, and diced vegetables (onion, pepper, cucumber and tomato). Substituting half the tomato for watermelon and reducing the bread content make a sweeter and refreshing soup.

## Eggplant tortilla

### Ingredients:

- 1 eggplant
- 5-6 eggs
- 1 onion
- Black pepper
- Salt
- Olive oil

### Instructions:

1. Peel and dice the onions and eggplants.
2. Add generous olive oil to a heated pan. Cook until the eggplants are soft.
3. Beat the eggs in a small bowl.
4. When the eggplant and the onion are cooked, add them to the bowl of egg mixture. (save part of the oil). Let the mixture stand for about 2 minutes and add salt and black pepper to taste.
5. Put the mixture into a hot nonstick pan with a bit of olive oil. Cook it until the eggs are set. Flip the tortilla using a big flat plate and cook the other side.

Eat it warm or cold.

## **Potato salad**

### Ingredients:

- Potatoes (5)
- Fresh Onion (1)
- Green pepper (1)
- Tuna (1 steak)
- Extra virgin olive oil
- Vinegar
- Black pepper
- Salt
- Fresh

### Instructions:

1. Wash the potatoes, then boil them until soft (25 min) and let them cool down in the water for 30 min. Take them out and let it cool down under room temperature for another 20 minutes. Peel them when they are still slightly warm.
2. Dice the onions and the green peppers.
3. Cut the potatoes into nut size.
4. Pour the potatoes into a bowl with the onions and peppers.
5. Chop the fresh parsley and add to the bowl. Add the salt and pepper, then vinegar and finally the olive oil.
6. Fry or microwave the tuna with some olive oil. Do not overcook.
7. Cut the tuna into pieces and add it to the mixture.
8. Eat when the potatoes are cool, but do not put them into the fridge.