

## 1. Mushroom Soup, by Rocío Álvarez

Ingredients for 20 people:

1 '5 kgs of mushrooms  
3 onions  
Oil  
2 litres vegetable stock  
150 ml cream

Cooking:

1. Cut the mushrooms and onions into thin slices.
2. Heat the oil in a saucepan. Fry the onion until soft.
3. Add the mushrooms and cook them for about 10 minutes on low heat. Cover the pan with a lid.
4. Add the vegetable stock, salt and water. Cook it for about 10 more minutes.
5. Add the cream and cook it 5 more minutes.
6. Mix everything well with the help of the mixer and it's ready to eat!

## 2. Mashed Potatoes with Mushrooms, by Luis Sanahuja

Ingredients:

3 Potatoes  
3 Carrots  
1 small onion, chopped  
3 mushrooms  
Salt  
Oil

1. Peel, clean and cut the potatoes and the carrots into small pieces on a cutting board.
2. Boil one litter and a half of water in a big pan and cover it with a lid.
3. Heat the oil in a medium sized pan. Fry the onion until soft.
4. Add the potatoes, the onion and the carrots and cook them until soft.
5. Take off the lid and add the mushrooms.
6. Add salt, and enjoy with friends!

### 3. Pumpkin Soup, by Luisa María Sampedro

<p>Ingredients:</p> <p>500g pumpkin, peeled and chopped</p> <p>1 big potato, chopped</p> <p>1 onion, chopped</p> <p>2 cheese portions</p> <p>3 tbsp olive oil</p> <p>500ml water or chicken stock</p> <p>salt and 1/2 tsp nutmeg</p>	<ol style="list-style-type: none"><li>1. Heat the oil in a saucepan.</li><li>2. Add the pumpkin, potato and onion. Fry and stir for about 3 minutes.</li><li>3. Add water or stock, the salt and 1/2 tsp nutmeg.</li><li>4. Boil it for 10 minutes. Add 2 cheese portions, until the vegetables are ready.</li><li>5. Cook on medium heat.</li><li>6. Mix everything with a mixer.</li></ol> <p><u>Suggestions:</u> Serve COLD in summer and HOT in winter.</p>
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### 4. Spanish Potato Omelette, by Josep Bosch

<p>Ingredients:</p> <p>125 cl. Oil</p> <p>8 eggs</p> <p>6 potatoes</p> <p>1 onion</p> <p>A pinch of salt</p>	<ol style="list-style-type: none"><li>1. Peel the potatoes and onions. Cut the potatoes into cubes and the onions sliced.</li><li>2. Heat the oil in a medium sized pan. Fry the potatoes and the onion until soft.</li><li>3. Remove the oil, the potatoes and the onion.</li><li>4. In a bowl, break, open and beat the eggs. Mix them with the potatoes and onions. Add salt.</li><li>5. Put everything into a frying pan with a little warm oil and cook it for about 45 seconds.</li><li>6. Cover the frying pan with a lid (<i>tomba truites</i>) and heat it at 180°, then flip it over and slide it back into the frying pan and cook it for about 40 seconds. Repeat the process until brown on both sides.</li><li>7. Serve it on a dish. You can accompany it with tomato salad and black olives. Enjoy your meal with your friends and a glass on Spanish wine!</li></ol>
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## 5. Vegetable Couscous, by Montserrat Villanueva

### Ingredients:

1 Onion  
1 Aubergine  
1 Red pepper  
1 Green pepper  
1 Courgette  
1 Carrot  
2 Tomatoes, peeled and chopped  
250 g. couscous  
½ l. water  
4 tbsp olive oil  
2 tbsp butter  
salt

1. Cut all the vegetables into thin slices.
2. Heat the oil in a saucepan. Add the vegetables and fry them slowly until soft.
3. Add the water and salt.
4. When the water boils, turn off the flame, add the couscous and cover the pan with a lid for about 5 minutes.
5. Add the butter and mix well with a fork.

Quick and easy!

Enjoy it with a cold sweet white wine!

## 6. Vegetable Lasagne, by Stanislava Mancheva

### Ingredients:

1 Zucchini  
2 Tomatoes  
1 Eggplant  
1 small onion  
250 grs. Goat Cheese  
100 grs. Grated Cheese  
4 tbsp olive oil

1. Cut the vegetables in slices.
2. Heat the oil in a frying pan and cook all the vegetables.
3. On a tray, put a layer of vegetables and another layer with goat cheese and again with vegetables.
4. Sprinkle the grated cheese and put it in the oven for about 10 minutes.
5. You can serve it as a single dish or as a side dish with meat or fish.

## 7. Aubergine and Potato Cake, by Joan Pallejà Elias

<p>Ingredients:</p> <p>2 big aubergines</p> <p>4 big potatoes</p> <p>50g grated "Parmesano" cheese</p> <p>Olive oil</p> <p>Salt &amp; Pepper</p> <p>Butter</p>	<ol style="list-style-type: none"><li>1. Roast the aubergines in the microwave for about 10 minutes at full power. First make little slits in the skin with a knife. Then peel them.</li><li>2. Make a puree with the aubergines, the oil, salt and pepper.</li><li>3. Roast the potatoes for around 15 minutes too. Don't peel them; only prick them with a knife in order for the potatoes not to explode.</li><li>4. Peel them and make another puree with the rest.</li><li>5. Take a safe dish and make a layer with half of the potato puree, then put a layer of cheese slices on top and cover it with the aubergines puree and the rest of the potato.</li><li>6. Finally make a last layer with the grated cheese</li><li>7. Put little butter portions and boil it until cheese becomes golden.</li></ol>
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## 8. Andalusian Gazpacho, by the Teacher

<p>Ingredients:</p> <p>1 kilo Tomato, chopped</p> <p>1 cucumber, peeled and chopped</p> <p>1 onion, peeled and chopped</p> <p>1 Green Pepper</p> <p>1 clove of garlic, peeled and chopped</p> <p>Salt, Olive oil and Vinegar</p>	<ol style="list-style-type: none"><li>1. Mix all the ingredients with the help of a mixer and add the salt, vinegar and oil to your taste.</li><li>2. Enjoy it in summer as a first dish!</li></ol>
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## 9. Brazilian Shrimp Bobó, by Jussara Valiera

Ingredients:

1 kilo Shrimp

½ Pumpkin

2 Onions, chopped

10 ml. Olive oil

Salt

2 Bay Leafs

3. Cut off the top of the pumpkin and take out the seeds.
4. Put it in the oven for about 40 minutes.
5. Meanwhile, heat the oil in a frying pan. Add the onions and the shrimp and cook them for about 10 minutes.
6. Put the shrimp cream into the pumpkin and put it back into the oven for 20 more minutes and it's Ok!
7. Serve with rice and salad!!

## 10. Lemon Chicken, by M<sup>a</sup> Antonia Panisello

Ingredients:

2 tbsp. oil

1 kg Chicken

1 cup cognac

1 lemon

1. Heat the oil in a saucepan.
2. Fry the chicken for about 5 minutes.
3. Add the lemon cut into wedges and continue stirring it.
4. Take off the lid and add the cup of cognac.
5. Mix well and cook it on low heat 30 minutes.
6. And.... It's ready!!! Enjoy it with a sparkling white wine!!!

## 11. Carpaccio, by María Teresa Gallego

### Ingredients:

500 gr. Sirloin meat

100 gr. Grated parmesan cheese

25 ml. Xerez vinegar

125 ml. extra Virgin olive oil

1 tbsp mustard seeds

1. Make a *vinagrette* mixing the oil, the vinegar and the mustard seeds
2. In order to make it easier to cut into thin slices, slightly freeze the meat.
3. Put the sliced sirloin on a dish and add the *vinagrette*.
4. Don't forget to sprinkle the parmesan on top!

## 12. Orange Flavoured Pork Chops, by Anna Rabasa

### Ingredients:

12 Pork chops

3 tbsp Oil

2 glass Orange juice

8 dried Plums

1 tbsp wheat Flour

Parsley

1. Heat the oil in a frying pan. Fry the pork chops for about 1 minute on both sides. Move it onto a warm plate.
2. Add the flour and mix well with the orange juice. Boil it for 3 minutes.
3. Add the chops and dried plums. Cook on low heat for about 3 minutes.
4. Sprinkle parsley and serve with basmati rice.
5. Share it with friends! ;-)

### 13. Roast Beef, by M<sup>a</sup> Carmen Martí Marín

<p>Ingredients:</p> <p>1 piece of Beef</p> <p>½ l. dry Cognac</p> <p>6 tbsp. Olive Oil</p> <p>Salt &amp; Pepper</p>	<ol style="list-style-type: none"><li>1. Marinate the beef with salt, pepper and Sherry for about 12 hours.</li><li>2. Heat the oil in a pan and let the beef brown on both sides for about 3 minutes.</li><li>3. Put the tray with the marinade, the beef and the fried oil in the oven on high for about 30 minutes.</li><li>4. Serve the beef cut into slices with the potato puree.</li></ol>
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### 14. Catalan Green Peas and Broad Beans by Carme Bosch

<p>Ingredients</p> <p>700 gr. Broad beans</p> <p>600 gr. Green peas</p> <p>200 gr. Bacon</p> <p>200gr White Catalan sausage</p> <p>200gr. Catalan Blood sausage</p> <p>4 spring onions</p> <p>1 big onion</p> <p>4 spring garlics</p> <p>1 glass red wine</p> <p>1 glass water</p> <p>4 tbsp. Olive oil</p> <p>Salt &amp; Pepper</p>	<ol style="list-style-type: none"><li>1. Cut the onions and spring garlics into thin slices.</li><li>2. Heat the oil in a saucepan.</li><li>3. Add the onions and the spring garlics, and cook until soft for 3-5 minutes on low heat.</li><li>4. Add the bacon and cook about 3 minutes. Mix well with the onions and garlics.</li><li>5. Add half of the Catalan sausages. Mix well and add the green peas and the broad beans. Mix well and add the red wine and the water.</li><li>6. Cover the saucepan and boil for about 30-45 minutes. Occasionally stir.</li><li>7. At the end, add the other half of the Catalan sausages.</li><li>8. Serve hot. It's better if you cook it a day before!</li></ol>
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## 15. Spaghetti with Bacon, Mushrooms and Cream by Patricia Gonzalez

<p>Ingredients:</p> <p>2 Onions</p> <p>Black pepper</p> <p>Bacon</p> <p>Mushrooms</p> <p>Cream</p> <p>Spaghetti</p> <p>Olive Oil</p>	<ol style="list-style-type: none"> <li>1. Boil the pasta for about 7 minutes. Cut the onions into strips and put them into the pan with the oil on high heat for about 15 minutes</li> <li>2. When transparent, lower the heat and cook the onion on low heat for 15 more minutes.</li> <li>3. Add the mushrooms and bacon. Sautee for 5 minutes.</li> <li>4. Add the cream and pepper, and stir for 2 minutes.</li> <li>5. Add the spaghetti and mix all the ingredients. They are ready to eat!!</li> </ol>
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## 16. Sopaipas, by Lola León

<p>Ingredients:</p> <p>150 ml. Oil</p> <p>1 tbsp Anis seeds</p> <p>600 gr. Flour</p> <p>1 envelope yeast</p> <p>1tbsp salt</p> <p>200 ml water</p> <p>500 ml. oil (for frying)</p> <p>Honey</p> <p>Cinnamon</p>	<ol style="list-style-type: none"> <li>1. Heat the oil in a medium frying pan. Fry the anis on low heat until brown.</li> <li>2. In a bowl, put the flour, yeast, salt, water and oil with the anis seeds.</li> <li>3. Mix well until the flour is thick and can be cut well.</li> <li>4. Take a piece of the mixture and extend it until it's very thin, and fry it in hot oil.</li> <li>5. Sprinkle cinnamon and honey on top.</li> <li>6. Enjoy it with friends and a hot chocolate!</li> </ol>
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## 17. Tatin Tart, by Manuel Ariza

<p>Ingredients:</p> <p>Golden apples</p> <p>Pinch of butter</p> <p>Pinch of brown sugar</p> <p>Breeze pastry</p>	<ol style="list-style-type: none"><li>1. Remove the seeds and the peel from the apples and cut them in half.</li><li>2. Take a pan and place the apples into a vertical form. All the halves must be placed well together. Put the butter and sugar on top.</li><li>3. Put them in the oven on medium heat for 45-60 minutes until they are tender but whole.</li><li>4. Remove from the heat and when it is cooled slightly place the breeze dough on the apples. Fold up the edges of the dough. Prick the dough with a stick.</li><li>5. Cook it in the oven on medium heat for about 30-45 minutes. Serve on a round dish.</li><li>6. It's delicious. Bon appétit!</li></ol>
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## 18. Apple Cake, by Iván Hellín

<p>Ingredients:</p> <p>7 Apples</p> <p>7 tbsp Sugar</p> <p>7 tbsp Flour</p> <p>7 tbsp Milk</p> <p>2 Eggs</p> <p>1 Yeast</p> <p>1 stick Margarine</p>	<ol style="list-style-type: none"><li>1. Peel the apples and cut them into small pieces.</li><li>2. Crush the apples and put them into a bowl.</li><li>3. Add the sugar, flour, milk, eggs and yeast and mix well.</li><li>4. Take a tray and spread the margarine and add the mixture.</li><li>5. Take 2 peeled apples to decorate on top.</li><li>6. Heat the oven, put the tray into the oven and leave it for 60 minutes.</li></ol>
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## 19. Muffins, by Josefa Ramirez Beltrán

Ingredients (12 units)	
3 Eggs	
125gr Sugar	
200 gr Flour	
100 ml. olive Oil	
½ Yeast	
Grated rind of half a Lemon	
50ml Milk	
	<ol style="list-style-type: none"><li>1. Begin by whisking the eggs and gradually add sugar.</li><li>2. Mix well, add the oil, lemon zest, milk, flour and yeast.</li><li>3. Fill the molds with the mixture only halfway and sprinkle with sugar.</li><li>4. Put it in the oven at 190° C for about 15 minutes.</li><li>5. Pierce the cake with a knife until it comes out clean.</li><li>6. Enjoy these muffins and invite your friends.</li></ol>

## 20. Bolivian *Cuñapé*, by Luz Navia Velasquez

Ingredients	
1 Cup cassava starch	
1 Cup fresh grated Cheese	
1 tsp Yeast	
1 tbsp Sugar	
1 tsp Salt	
2 Eggs	
1/2 Cup Milk	
	<ol style="list-style-type: none"><li>1. Mix all dry ingredients (cassava, cheese, yeast,sugar,salt).</li><li>2. Add enough milk until a soft dough. Add eggs and mix everything together.</li><li>3. Make small balls, flatten slightly and make a small hole below.</li><li>4. Place on a baking sheet and bake previously buttered over high heat until lightly browned.</li><li>5. Serve hot. Perfect with hot coffee.</li></ol>