

## **Omelette of leeks (by Lucita)**

Ingredients:

- 2 potatoes
- 2 or 3 leeks
- 2 eggs
- salt
- olive oil
- a small can of natural tuna.

You have to fry the potatoes with salt, same as a normal omelette.

Add the potatoes first. Cut the leeks in slices and add them with the potatoes.

Beat the eggs in a container, add a can of tuna and mix.

When the potatoes and leeks are fried, take out of the pan and mix with the eggs and tuna. Mix.

Finish the omelette in the frying pan. First one side and then on the other.

You can eat this omelette warm or at room temperature.

## **Aubergines salad (by Cristina)**

My favorite recipe is very simple and has few ingredients:

- Aubergines (5 or 6)
- Onion (half)
- Salt
- Mayonnaise

First, we roast the aubergines in the oven, at 230 degrees, for about 2 hours.

When they are roasted, let them cool.

Then, we pull them, let them drain and smash them with a fork.

We add crushed onion, salt and mayonnaise and taste it.

Reserve in the fridge.

It is ready to spread the bread.

## **Porrusalda (by Clara)**

Ingredients:

- Eight leeks
- 200 grams of cod
- 3 garlic teeth
- 3 potatoes
- extra virgin oil

First soak the cod to remove the salt. Then wash and cut the leeks in a cross shape and sauté in an express pot with some oil.

Add the potatoes peeled and washed.

Boil for 5 minutes.

Open the express pot and add the cod and the sautéed garlic and boil all together for 3 minutes.

This dish is cooked with little fat, so is good for cholesterol. It is an ideal dish for after parties with excesses.

## **Biscuit ice cream (by María Navia)**

INGREDIENTS FOR 8 PEOPLE

- 5 EGGS

- 15 SUGAR (soup spoons)
- ½ WHIPPING CREAM

## ELABORATION

We separate the yolks from the whites

We beat the yolks with 5 sugar spoons until they are almost white

We beat the egg whites until they are stiff and we add 10 sugar spoons

We mix everything with the whipped cream

We put in the freeze at least 8 hours in an long container.

## **Pork loin stuffed with plums (by Maria Antonia)**

LOMO DE CERDO RELLENO CON CIRUELAS, ACOMPAÑADO CON COMPOTA MANZANA REINETA	PORK LOIN STUFFED WITH PLUMS, ACCOMPANIED BY APPLESAUCE
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**INGREDIENTES :**

- ACEITE
- SAL
- CEBOLLA
- CIRUELAS NEGRAS SIN HUESO
- LOMO DE CERDO (DOS COLORES)
- MANZANA REINETA
- PEDRO XIMENEZ (VINO DULCE)

**INGREDIENTS :**

- OLIVE OIL
- SALT
- ONION
- BLACK PLUMS WITHOUT BONE
- PORK LOIN (TWO COLORS)
- PIPPIN APPLE
- PEDRO XIMENEZ (SWEET WINE)

**ELABORACION:**

CON UN CUCHILLO HACER DOS CORTES EN  
FORMA DE CRUZ EN CADA LATERAL DEL  
LOMO, QUE ATRAVIESE DE UN LADO A  
OTRO

RELLENAR EL LOMO CON CIRUELAS

SAZONAR AL GUSTO CON SAL

CALENTAR ACEITE EN TARTERA Y DORAR  
POR LOS 6 LADOS PARA MARCAR EL LOMO

PICAR UNA CEBOLLA Y ECHARLA PARA  
QUE SE POCHE, CON EL LOMO.

A MEDIA PREPARACIÓN, DARLE LA  
VUELTA PARA QUE SE HAGA BIEN POR EL  
OTRO LADO.

**DURACION 3/4 DE HORA**

LAVAR MANZANAS, QUITAR CORAZON Y  
ASAR EN EL MICRO ONDAS 20 MINUTOS

**ELABORATION:**

WITH A KNIFE, MAKE TWO CROSS-SHAPED  
CUTS ON EACH SIDE OF THE LOIN,  
ACROSS FROM ONE SIDE TO THE OTHER.

FILL THE LOIN WITH PLUMS

SEASON WITH SALT

HEAT THE OIL IN THE CASSEPOLE AND  
BROWN ALL SIDES OF THE LOIN TO MARK  
IT

CHOP AN ONION AND COOK IT ON A SLOW  
HEAT WITH THE LOIN.

WHEN YOU ARE AT THE HALF OF THE  
PROCESS, TURN IT OVER SO THAT THE  
OTHER SIDE COOKS AS WELL.

**DURATION 3 QUARTERS OF AN HOUR HOUR**

WASH THE APPLES, REMOVE THE BONE  
AND ROAST THEM IN THE MICROWAVES 20

