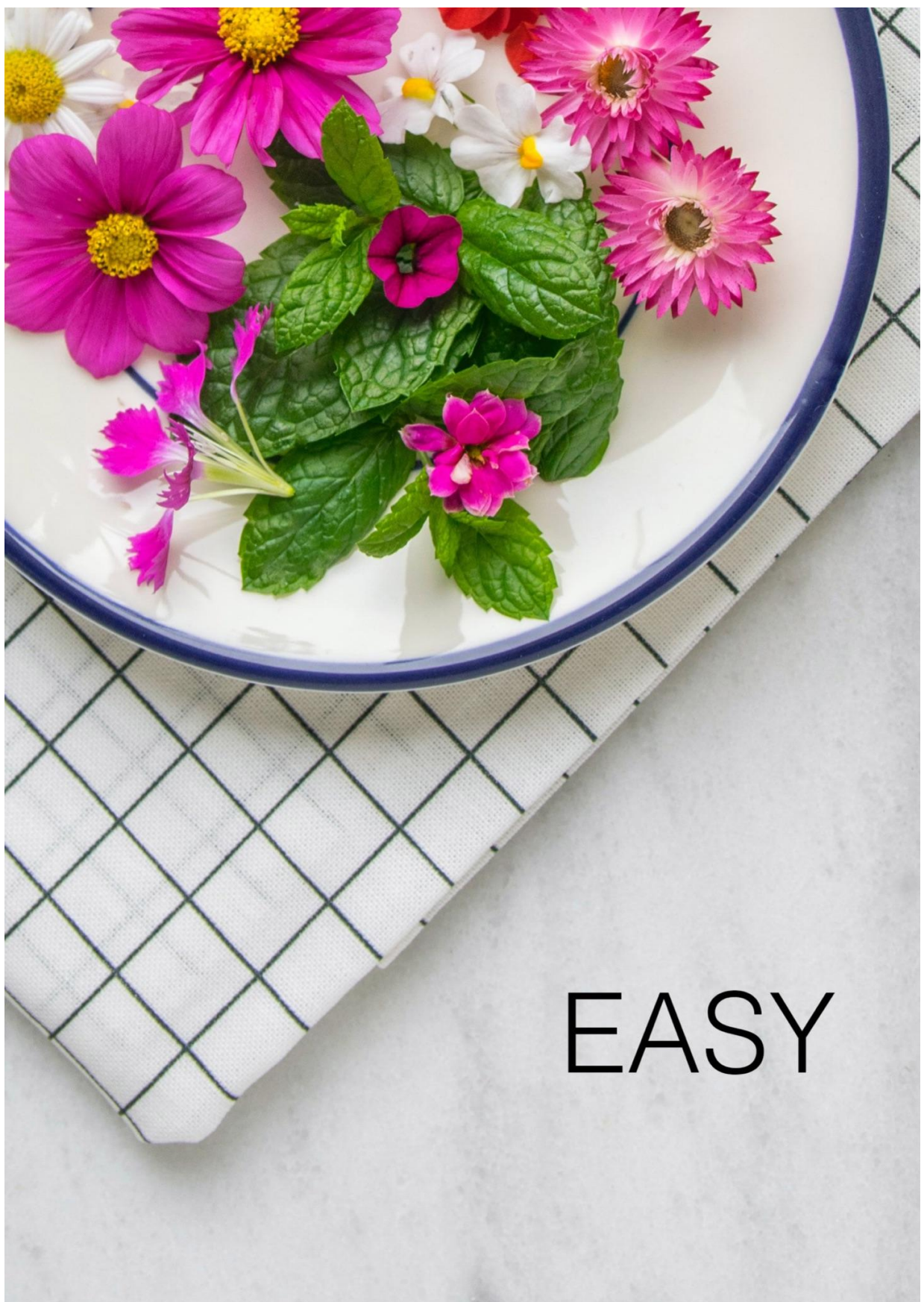




Recipe booklet

B1 Students



RECIPE

Vegetable sandwich



Preparation: **20 minutes**

Servings: **8 people**

Around 280 calories

Cooking steps

1. First toast two slices of bread
2. spread one of the breads with mayonnaise
3. On one of the slices we put a leaf of lettuce, two slices of tomato, some onion rings and three white asparagus.
4. Finally we joined the two slices of bread.
5. First crack the eggs in a deep dish. We beat them.
6. we turn on the glass-ceramic plate and choose the part where we want to heat the oil in the pan.
7. pour the beaten eggs into the pan
8. Beat the eggs also in the pan so that while they are curdled they are separated and soaked with the oil.
9. When we see that they are already curdled it will be time to remove them from the pan.
10. Finally, we add a pinch of salt and distribute the amount next to each vegetable sandwich.

Ingredients

- 16 slices of bread mold
- 8 lettuce leaves
- 16 slices of tomato salad
- 2 fresh onions
- 24 canned white asparagus
- 1 spoonful of mayonnaise
- 16 free-range eggs
- A pinch of salt

Pieces of advice

To remove the bread from the toaster do not use any cutlery.

The oil will help the eggs not to burn, in addition to providing them with flavor.

If we want to make the eggs lighter, we can remove the yolk and stay only with the shell.

RECIPE

Strawberry omelette



Preparation: **20 minutes**

Servings: **8 people**

Ingredients

- 500 grs. strawberries
- 2 eggs
- 2 spoonful of sugar
- 1 cup of flour
- ½ litre of milk

Cooking steps

11. The first step you should do, it's to **wash** the strawberries well. Then you have to **cut** them into thin slices.
12. After that, **mix the eggs with the sugar** until everything is integrated.
13. Put the milk into a pot to **warm** it. When milk boils, **mix it with the eggs and the sugar. Add a little flour** and remove it well. Continue until you have added every flour.
14. Put a Frying pan to warm with a little butter. When it's hot, full a spoon with the mix and **fry it**. You must do sixteen toasts.
15. To end, put a little toast on a plate and add to it cream and some slices of strawberries. Above it put another toast and cream with strawberries.

Pieces of advice

You should serve this plate hot, just before you begin to eat it.

You could put some slices of strawberries around the plate to decorate it.

RECIPE

Paninis



Preparation: **Less than 20 minutes**

Servings: **6 people**

Ingredients

- Six pieces of bread
- Tomato sauce
- Three tuna cans
- Grated cheese

Cooking steps

1. First turn the oven to 180° (you need the oven to be hot when you put the paninis inside).
2. Divide each piece of bread into two ones. You will have twelve parts.
3. Put the twelve pieces on an oven plate.
4. After that, cover each piece of bread with the tomato sauce.
5. Immediately, put some tuna over there.
6. Finally, cover the paninis with a generous amount of grated cheese.
7. Introduce the oven plate with the paninis into the oven for about twenty minutes.

Pieces of advice

First, the oven must be **really** hot when you put the paninis inside.

Then, you can gratin the paninis during the last minute. They will be more delicious!

RECIPE

Pancakes



Preparation: **Less than 20 minutes**

Servings: **4 people**

Around **250 calories**

Ingredients

- 130 gr. wheat flour
- 1 teaspoonful of baking powder
- 1 pinch of salt
- 2 teaspoonful of sugar
- A cup of milk
- 1 big egg
- 2 spoonful of olive oil
- A bit of butter

Cooking steps

1. Put the flour, the baking powder, the salt and the sugar into a large bowl and mix well. In a separate bowl, mix together the milk and the egg.
2. Pour the milk mixture into the flour mixture and beat energy with a fork and then add olive oil and mix again, you can use a blender.
3. Heat a pan and add some butter, when it is melted add a ladle of the mix slowly.
4. Cook the pancake for 1 or 2 minutes on each side, take out and serve with caster sugar, hot chocolate or extra butter.

Pieces of advice

If you have celiac disease, you can use corn flour instead the wheat flour in the same quantity



MEDIUM

RECIPE

Rice with pork cutlets



Preparation: **30 minutes**

Servings: **6 people**

Ingredients

- Pork cutlets (600g)
- 1 Onion
- ½ Red pepper
- Oil
- Fried tomato (4 spoonfuls)
- White wine (80g)

Cooking steps

1. Put the pork cutlets in a pot and stir fry with the oil.
2. Peel the garlic and put them into the depot. Then grind the onion and put into the pot with the red pepper.
3. Cook the tomato for 10 minutes and put it in the pot. We cook all of this for 2 minutes more.
4. Pour the white wine and wait until the alcohol has evaporated. Put the water and the salt.
5. We cook all of this for ten minutes and finally we cover the pot for 5 minutes with a paper towel.

Pieces of advice

Bear in mind that if you put 6 glasses of rice, you must use 12 glasses of water.

RECIPE

Warm Asparagus



Preparation: **120 minutes**

Servings: **8 people**

Ingredients

- 2 Kg Fresh Asparagus (April-June)
- 8 Eggs
- 100 Gr. Chorizo
- 4 Garlics
- Olive Oil
- Flour, Salt, ...

Cooking steps

1. Peel and wash the asparagus.
2. Cut each asparagus into 4 small pieces by hand. Slice number 4 discard
3. Cook in a wide pot. Put in cold water with salt. Approximately 40 m. Try and see if it is correct salt and if asparagus is tender
4. Put the eggs in the pot carefully at about 25 m. The eggs must be poached in the water of the asparagus
5. At minute 30 you must fry (olive oil is recommended), order the garlic, the chorizo and de flour. Stir with a spoon. When the flour is toast, mix the sauce in the pot of the asparagus and leave it to boil for 10 m. more.
6. Put in a soup dish three ladle of asparagus with the water and one egg.

Pieces of advice

Bear in mind that if you put 6 glasses of rice, you must use 12 glasses of water.

RECIPE

Spinach with white sauce



Preparation: **25 minutes**

Servings: **4 people**

Around 150 calories

Ingredients

- A kilo of spinach
- A litre of water
- A pinch of salt
- A pinch of pepper
- A pinch of nutmeg
- 30 grams of butter
- Two spoonfuls of flour
- 400 milliliters of milk
- Four handfuls of grated mozzarella cheese

Cooking steps

1. **Wash the spinach well and put the water in a pot and when the water is boiling add the spinach, the salt and cook them for ten minutes. After that drain while we prepare the white sauce.**
2. **In a medium frying pan, melt the butter, heat over medium heat and then add the two tablespoons of flour, stirring quickly while mixing and toasting.**
3. **Then pour in all the milk little by little while we stir, season to taste with salt and pepper, add nutmeg and continue stirring with a rod until the sauce begins to take consistency. After about 5 to 10 minutes, add the spinach and mix with the sauce.**
4. **Finally put the mixture in a well oiled oven tray, sprinkle the cheese and bake until it is gratin.**

Pieces of advice

You can add other ingredients to go with the spinach, such as eggs boiled or ham.