

POPULAR RECIPES

L'Estació School



1. CALAMARI SANDWICH



RECIPE: Calamari sandwich


INGREDIENTS

bread	_____
calamari	_____
tomato	_____

PREPARATION

1. Cut the bread.
2. Spread the tomato in the bread.
3. Fry the calamari.
4. Finally put the calamari in the bread.

OTHER INFORMATION

	_____



2. MIGAS



RECIPE: MIGAS

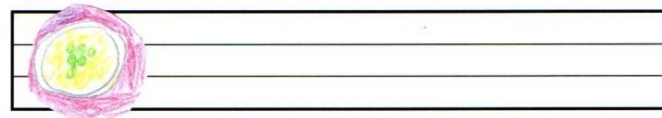
INGREDIENTS

Bread	Meat
Flour	Bacon
Grapes	
Chorizo	
Morcilla	

PREPARATION

Cut the bread in medium pieces.
Soak the bread with water and salt.
Cover with a cloth.
In a fry oil, we poach the whole garlic.
Remove the garlic.
In the same oil fry chorizo and bacon.
Fry the bread.
Reincorpore garlic into the stove.
Add Grapes.

OTHER INFORMATION



3. IBERIAN HAM SANDWICH



RECIPE: IBERIAN HAM SANDWICH


INGREDIENTS

- bread	_____
- olive oil	_____
- tomato	_____
- iberian ham	_____

PREPARATION

1- Cut the bread .
2- Spread the tomato.
3- Add the oil and the iberian ham .
4- Eat the sandwich!

OTHER INFORMATION

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4. PAELLA



RECIPE: Paella

INGREDIENTS

Calamari	prawns
tomato	peas
mussels	pepper
rice	
fish	

PREPARATION

Peel garlic, an onion and a green pepper.
Cut them.
Cut the sausages and fry them.
Fry the vegetables.
Add the rice.
Add water.
Cook for 10 minutes.

OTHER INFORMATION

