

Recipe- Cod at Galician style

Ingredients: 4 loins of cod, 6 potatoes, 100 ml of extra virgin oil. 2 cloves of garlic, a spoonfull Paprika



Peel the potatoes and , we add the potatoes and we cook in the pot between 15 - 20 minutes .

Before finish cooking we put the in the pot together with potatoes . Until finished cooked the cod.

We take out some water from the pot. Than we put some oil in a pan till it gets hot, we add garlic and paprika , just for a while and we'll we will spill it over potatoes and cod and it's ready to serve.

Ariadna 1º

Recipe - Cod in the oven

Ingredients: Potatoes, cod, Red pepper, Onions, Olive oil



- Peel and wash the potatoes
- Cut the potatoes into slice
- Fry the potatoes
- Heat the oven to 180 degrees
- Put in the oven olive oil (100 ml) on a tray and the potatoes on it.
- 15 minutes later put the cod on top
- Cut the onion and the red pepper
- In a pan with olive oil, pouch the onion and the red pepper.
- Finally put the mix on the potatoes and the cod
- Let it be done 1 hour

Then serv it !!

Erica 1° A

Recipe - SALMON AND POTATOES

Ingredients: Oil, Salt, Lemon, Salmon, Potatoes



First we peel and cut the potatoes and then put it in pot with water and salt. They have to boil for 15 minutes. When the potatoes are ready put them in a tray

Cut the salmon and then grill it. It has to be there fifteen minutes.

When everything is ready we take it to a tray, serve it all and eat it.

Carlos 1º A

Recipe - Grilled Sardines

Ingredients: Sardines, salt, oil



How to cook them

First We have to swicth on the cooker and put a pan with oil on it. When oil the oil is hot we have to put the sardines into the pan and add them some salt.

When the sardines are toasted we have to put the sardines into a plate, and eat them, Umm! You can eat them with boiled patatoes or "Brona" bread made tith corn which is very typical in Galicia.

Dario 1°

Recipe - HAKE WITH POTATOES

Ingredients: 8 chunks of hake; 1 Onion; 1 Garlic; 3 tomatoes; 2 potatoes; Parsley; Oil; Salt.



How to cook it:

- Peel the potatoes, cut them and peel the tomatoes.*
- Heat the oil in a casserole*
- When the oil it's hot we add the onion and the garlic.*
- We add the sliced potatoes, the peeled tomatoes and the parsley.*
- Cook it during 10 minutes.*
- When is done, put it on a tray and serve it!!!*

María 1º

Recipe - FRESH HAKE WITH GREEN SAUCE

Ingredients: 4 pieces slice hake; 125 gr of onions; 2 garlic clove; 100 ml white wine; 200 ml wheat flour; extra virgin olive oil; salt, fresh parsley



HOW TO DO IT?

First, we peel and chop the garlic cloves and we fry them in a pan, with the olive oil, being careful to not burn them. Then, we add the grated onion and we fry it until it's well cooked and it becomes translucent. We add the flour, mix well and we cook the mix for two minutes.

Next, we pour the broth and the White wine, we mix, and we let cook for ten minutes. Meantime, we chop the parsley and we put it, with the previously seasoned hake, in the pan.

To continue, we cover the pan during five minutes. When the time is passed, the hake it's ready!!

Then we put the hake in a plate with the sauce and it's ready to eat.

I HOPE YOU ENJOY THIS DELICIOUS DISH!!!

Xiao 1°