

Croquetas

Croquetas de bacon

The main ingredient is a bechamel base, which is then mixed with your particular ingredient of choice to give it a characteristic flavor. The possibilities are almost endless - here we have used bacon. Makes about 36 units

Ingredients

- 3 1/2 oz butter
- 4 oz plain flour
- 1 1/4 pints cold milk
- salt and pepper
- 10 slices of bacon aprox, diced
- 1 small onion or 1/ medium size.
- 5 or 6 tablespoons fine breadcrumbs
- 3 large eggs, beaten
- olive oil for deep-frying



Preparation

Melt the butter in a medium saucepan and add the flour, stirring continuously. Add the diced onion and brown them. Then add the flour. Allow the flour to cook in the butter for a couple of minutes, continuing to stir.

Start adding the cold milk little by little, stirring all the while until you have a thick, smooth sauce. Add the bacon and season well the paste. Continue to cook for 7 or 8 minutes. The end result should be quite thick. Let the mixture cool completely - it is usually a good idea to leave it overnight.

Take a scant tablespoon of the mixture and form into a croqueta, a 1 1/2 - 2 inch cylinder. Roll the croqueta in the breadcrumbs, then coat in the beaten egg, then roll in the breadcrumbs again. Make sure the breadcrumbs are always dry to ensure an even coating.

Heat the oil for deep-frying in a large, heavy-based pan until the temperature reaches 350°F or a cube of bread turns golden brown in 20-30 seconds. Fry in batches of no more than 4 or 5 for about 5 minutes until golden brown. Remove with a slatted spoon, drain on kitchen paper and serve immediately.

Spanish Omelette

Ingredients

- 1/2 pint of olive oil
- 5 medium (40 oz each) baking potatoes, peeled, sliced and lightly sprinkled with salt
- 1/2 yellow onion, chopped
- 3 cloves garlic, minced
- 5 eggs
- Salt



Preparation

Heat the olive oil in a 9-inch skillet and add the potato slices carefully, because the salt will make the oil splatter. Try to keep the potato slices separated so they will not stick together. Cook, turning occasionally, over medium heat for 5 minutes. Add the onions and garlic and cook until the potatoes are tender. Drain into a colander, leaving about 3 tablespoons of oil in the skillet.

Meanwhile, in a large bowl, whisk the eggs with a pinch of salt. Add the potatoes, and stir to coat with the egg. Add the egg-coated potatoes to the very hot oil in the skillet, spreading them evenly to completely cover the base of the skillet. Lower the heat to medium and continue to cook, shaking the pan frequently, until mixture is half set.

Use a plate to cover the skillet and invert the omelette away from the hand holding the plate (so as not to burn your hand with any escaping oil). Add 1 tablespoon oil to the pan and slide the omelette back into the skillet on its uncooked side. Cook until completely set. Allow the omelette to cool, and then cut it into wedges. This delicious tapa can be served warm or cold.