**2011 - 2012**

**The Reading Circle Corner**

**Food Section**

# A Potato Salad

(**Fatima Elouardi** – 1st Bac Science) **THE INGREDIENTS**

\*\*\* 4 or 5 potatoes

\*\*\* 1 medium onion

\*\*\* olives, casher, lemon, olive oil, herbs, salt, pepper, chill

## THE METHOD

**Boil potatoes/ Then, peel them and next cut them into small die.**

**After that, chop the medium onion, add herbs, olives (cut into small pieces), salt, pepper and chill.**

**Next, pour olive oil and lemon juice on the mixture and mix all together.**

**Put the mixture in the fridge to cool for some minutes.**

**Serve .**

I hope you’ll enjoy it. Thank you very much.

# An Omelet

(**Loubna Allaoui** – 1st Bac Science) **THE INGREDIENTS**

\*\*\* 3 tomatoes

\*\*\* onion

\*\*\* 4 eggs

\*\*\* herbs, salt, oil, saffran, pepper and paprika

## THE METHOD

**First, chop the tomatoes and the onion and mix.**

**Heat some oil in a pan on soft fire.**

**Put the chopped tomatoes and onion .**

**Season with salt, pepper, paprika and saffran.**

**Season wit herbs.**

**After that, beat the eggs in a bowl, then add them to the mixture.**

**Leave for 2 to 3 minutes.**

**Serve immediately.**

**I hope this delicious quick meal will be tasty.**

BISHIFA WALHَNA !

**الثانویة التأھیلیة الأمیرة لالة سلىم** – صفرو

(2012 - 2013)