

2011 - 2012

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 WALHONA !

الثانوية التأهيلية الأميرة لالة سلم – صفرو

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