



Potato Surprise

烤土豆饼



Ingredients:

- 800g medium-sized potatoes
- 1 shallot
- 400g spinach
- 80g grated parmesan
- 1 egg
- Extra virgin olive oil
- 1 spoonful cream
- Salt
- Pepper



Preparation:

1. Wash the potatoes, cleaning the peel with a suitable brush. Boil, drain and leave to cool.
2. Wash the spinach and cook in a pan with a small amount of salted water. Squeeze out the water, chop roughly and put to one side.
3. Wash and chop the shallot; fry in a pan with a bit of oil. Cook for about 10 minutes, mixing occasionally. If necessary, add several spoonfuls of water.
4. With a spoon lightly scoop out the potatoes in the middle, mash the scooped-out potato with a fork and add to the pan.
5. Mix and cook for a few more minutes.
6. Take off the heat and add the grated parmesan, chopped spinach, the lightly beaten egg and cream. Salt and pepper and mix together well with a wooden spoon.
7. Fill the "little potato bowls" with the mixture, place in a dish covered with greaseproof paper and cook in the oven at about 200° for 15-20 minutes. Serve the potatoes piping hot.

Hint:

You can vary the potato fillings to your taste by adding cubes of ham, peas or other vegetables.

配料:

中等大小的土豆800g, 香葱1颗, 菠菜400g, 碎干酪80g, 卡拉佩利特级初榨橄榄油, 鸡蛋1只, 奶油一勺, 盐少许, 辣椒少许。

制作方式:

1. 洗净土豆, 去皮。煮熟后沥去水分, 浸在凉水中。
2. 洗净菠菜, 用少量盐水在锅中煮开。挤出水分切碎后放一边。
3. 把香葱洗干净切碎, 然后过油, 再煮10分钟左右, 如需要, 可以略加一勺水充分混合。
4. 用勺子从土豆中心轻轻挖开, 用叉子将捣碎的土豆粘磨并放入锅中。
5. 将土豆和葱油充分融合并煮几分钟。
6. 关火后撒入奶酪粉、菠菜、蛋液和奶油。盐和辣椒同时用木勺慢慢混入。
7. 将搅拌后的东西放入小模具, 放置在铺好油纸的盘子上, 在加温至200口的烤箱中烤15-20分钟即可。

小贴士:

可以在土豆里混合各种口味, 比如火腿, 豌豆和其他蔬菜。