



Easy "panadera" potatoes

"Patatas panaderas" are potatoes cooked in oil (olive of course) at a relatively low temperature (poached), often with a few slices of onion and/or green pepper. The process is time consuming and uses fair amount of oil. Turns out there's an easy way - **cook them in the microwave.**

Ingredients

3 medium sized potatoes, peeled and cut in 1/4" slices

3 or 4 thin slices of onion

3 or 4 thin slices green or red pepper (optional)

Salt & olive oil

Preparation

Place onion & pepper with salt and 1 tbsp of olive oil in a glass bowl, cover with film.

Microwave for 2 minutes.

Add potatoes & mix with a touch more salt and a splash of olive oil.

Microwave for an additional 6-8 minutes (time depends on volume & type of potato)

Check to see they're tender, if not cook for another 2 minutes.

That's it, give 'em a stir, and serve.

Great side dish for fish or meat, a nice alternative to fries, try it at your next BBQ.

Notes:

1. Spice them up if you like with bacon, herbs or smoky pimentón (after cooking as it can burn & become bitter)
2. Duck or bacon fat would be an interesting alternative to the olive oil.
3. If you like heat, try fresh chile peppers cooked with the onion, or add slices on top before serving.



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