

Majorcan coca de trampó

Every Mallorcan family has its own family recipe and each one differs a little from the basic one. Coca de trampó is an essential part of any family gathering and a very popular snack for the beach.

· Level of difficulty: very easy ·

Quantity

Ingredients for 1 tray.

Ingredients

For the dough:

500 g Flour

300 ml Water

150 ml Extra virgin olive oil

1 packg. Baking powder

2 tsp Sea salt

For the topping:

3 piece Onions

6 piece Green, mild peppers from Mallorca

6 piece Tomatoes

Extra virgin olive oil

1 tsp Sweet paprika powder

Salt

Foc spicy olive oil

Preparation

Mix all the ingredients for the dough into a smooth mass, then leave to rest for about 15 min. The amount of water can also be exchanged for beer (or milk), then the dough will have a stronger taste. Basically, the dough should remain flat and only become crispy.

Meanwhile, peel and dice the onions, remove the seeds from the peppers and cut into cubes.

Cut off the outer flesh of the tomato and cut into cubes. Mix the olive oil seasoned with paprika with the vegetables. Preheat the oven to 200°.

Roll out the dough very thinly onto a baking tray, prick several times with a fork. Spread the vegetable mixture evenly on the dough, bake in the oven for about half an hour. Leave to cool and serve with a cool beer!