TORTILLA ESPAÑOLA – SPANISH OMELETTE

Serves 4
Time 30’

INGREDIENTS

4 organic eggs
4 medium potatoes (400g)
1 medium onion (100g)
Salt up to your taste
Cooking olive oil (500ml)

RECIPE

1. Peel and cut the onion in half, thinly slice each half and separate the layers into half-moon shapes. Peel the potatoes, clean and rinse, before to slice thinly. You have to work pretty quickly here because you don't want the slices to brown.

2. Heat the olive oil in the frying pan and, add the potatoes and the onions. Cook gently for 20 minutes, or until tender. Shake the pan from time to time, as they are not supposed to brown very much. Drain them and set a side.

3. Break the eggs into a large bowl, whisk them lightly. Add the potatoes and onions to the eggs in the bowl. Then mix the potatoes and eggs thoroughly and remember, add SALT!!!

4. Put the frying pan back on the heat, turning the heat down to its lowest setting immediately, cook the “tortilla” 2 minutes every side.

5. Every now and then draw the edge in gently with a spatula, as this will give it a lovely rounded edge. Turn it over to cook the other side. To do this, place a flat lid or plate over the pan, carefully invert both so that the “tortilla” is on the lid or plate. Put the pan back on the heat and use the palette knife to gently ease the “tortilla” back in. Give it about 2 minutes more, then turn the heat off and leave it for a further 5 minutes to settle. It should then be cooked through but still moist in the centre.