

TORTILLA DE PATATAS (SPANISH POTATO OMELETTE)

Everybody has a way of making tortilla and you'll find that they are all slightly different. It will depend on the ratio of potato to egg, how you cut the potatoes, whether the egg is fully cooked or a bit moist, whether it is thicker or thinner... you will just find your way.

The only ingredients are eggs, potatoes and good olive oil. Onions are optional, but no other ingredients should be added except for some salt.

This is the one I make:

3 medium potatoes
4 or 5 eggs (depending on size)
one medium onion

Slice the potatoes as thinly as possible and fry in a large frying pan with lots of virgin olive oil. The potatoes should become soft, rather than crisp. When the potatoes are cooked strain them and add to the beaten egg. Season with salt and mix thoroughly with the egg until the potato is really soaked in the egg. If you think the mixture is too dry you can add another beaten egg. Leave for a few minutes.

Prepare a smaller frying pan and add a very small amount of oil. When it is hot add the omelette mixture and pat down to shape. When the egg is cooked on one side turn the tortilla. The best way to do this is to put a plate larger than the pan over it and do a quick flick of the wrist to turn the mixture onto the plate. This is the most dangerous moment for the inexperienced and it is a good idea to do this over the sink, in case the wrist doesn't turn fast enough and you end up with egg all over the place. Once you have achieved the turning, add another small amount of oil to the frying pan and slide the omelette mixture into it to cook the other side. Once the egg has set on both sides, turn the heat down and prick the omelette with a fork to ensure that it cooks inside. You can turn it again and keep cooking on a low heat until it reaches the required consistency.

The omelette can be eaten hot or cold.