



The Spanish Tortilla

(Tortilla Española)

Ingredients:

4-5 big potatoes (around 750 gr.)

6-7 eggs

one onion (optional)

olive oil

salt

Preparation:

1. Peel and wash the potatoes. Cut them into small cubes or thin slices. Heat enough oil in a frying pan and add the potatoes and a little salt. Then add the onion. The heat should be low- medium to cook the potatoes slowly. When they are cooked, increase the heat to get the potatoes a little golden.
2. Move them away from the heat; put them in a strainer to avoid excess of oil.
3. Beat the eggs with a bit of salt in a bowl. Add the potatoes and mix well.
4. Heat the frying pan again with 2 spoons of oil. Add the mixture of eggs and potatoes and lower the heat. Move with circular movements so the omelet doesn't stick to the bottom of the frying pan.
5. When it starts to make bubbles is the moment to turn it over. You can use a flat plate or a straight edged lid. If necessary, put a little more oil into the frying pan before gently sliding the omelet from the plate to the frying pan. Turn it over a couple more times.
You can eat it hot or cold.

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