



Let's Eat The World - Tortilla de Patatas - Spain

Tortilla de Patatas – Spanish potato omelette. I can quite happily eat this for breakfast, lunch or dinner. Serves 4, apparently. Oops.

Ingredients

- 500ml sunflower oil
- 1kg waxy potatoes, such as desiree, peeled, halved and thickly sliced
- 1 onion, finely sliced
- 6 medium eggs
- ½ tsp salt
- Olive oil, for frying

1. Heat the sunflower oil in a deep-sided pan for 5-10 minutes over a medium to high heat. Drop the potatoes and onion into the oil and cook until they start to brown, but not burn. You are essentially boiling the potatoes and onion in the oil, which should be gently bubbling. Keep moving the mixture to prevent it from sticking, then remove from the heat after around 30-40 minutes and drain. You can keep the oil and use to make tortilla another time.
2. In a large bowl, beat together the eggs and the salt, then add the drained potatoes and onion, mashing slightly but retaining a lumpy texture.
3. Heat a glug of olive oil in a heavy based frying pan until smoking, then pour in the potato and egg mixture. After 30 seconds or so, turn down the heat. Cook until the tortilla starts to come away from the sides of the pan slightly and is golden underneath – around 3-5 minutes.
4. To turn the tortilla, slide it onto a big plate, without tipping it – the cooked side of the tortilla should be against the plate. Now turn the tortilla back into the pan so the uncooked side hits the bottom. Cook for a minute or so, then tip back on to the plate and serve.

The best way to serve a Spanish omelette is to slice it like a cake. It's great on its own, but makes a fabulous light lunch served with fresh bread and a salad. The Spanish sometimes like to eat it stuffed into a baguette, too. If you think that sounds like a carb overload, well you'd be right, but it tastes really, really good!