

SPANISH POTATO AND ONION OMELETTE

Tortilla Española or Spanish omelet is without a doubt one of the most commonly served dishes in Spain. It is also called Tortilla de Patata or Potato Omelet. Bars and cafés serve it as a tapa or appetizer, but it is often served as a light dinner in Spanish homes.

As it's easy to transport, the Spanish make bocadillos or sandwiches by placing a piece between two halves of a baguette. In Madrid, this bocadillo de tortilla is really popular. There are loads of variations for this tortilla; we cooked it the Catalan way (with quite a lot of caramelized onion) while the Madrid way is only potatoes.

Prep Time: 10 minutes

Cooking Time: 25 minutes

Total Time: 35 minutes

Ingredients (for 5 to 8 people): (This "tortilla española" makes 8-10 servings as an appetizer. It serves 5-6 as a main course)

- 6-7 medium potatoes, peeled
- 2 whole yellow onions (we used a sweeter Catalan variety)
- 5-6 large eggs
- 2-3 cups of olive oil for pan frying
- Salt to taste

Preparation:

Peel the potatoes and cut them in half lengthwise. Then, with the flat side on the cutting surface, cut again half lengthwise. Join the two halves and slice finely the potato. Make sure to separate the pieces that stick together. It is not necessary to slice the potatoes paper thin, and it is best not to use a food processor because it will slice the potatoes too thin. If you slice them a bit thick, don't worry, it will simply take a bit longer for them to cook.

Peel and chop the onion into halves and slice them finely (julienne cut).

Deep-fry the potatoes into preheated frying oil (medium heat), until they are soft and golden. If the oil is too hot, the potatoes will brown rapidly on the outside, but still be raw on the inside. You'll know when they're done when you can poke a piece of potato with a knife and it easily breaks in two. Drain the excess oil into a bowl with a colander and you'll be able to reuse it when frying again.

In a large pan, caramelize the onion in around 2 Tbsp oil. Remember not to add salt until the onion starts to caramelize, otherwise it would release the water from the onions and become mushy.

Break the eggs and whisk them. Add in onions and potatoes, mix with a wooden spoon or spatula and add a pinch of salt to the mixture.

Take a round, nonstick pan. Coat the nonstick pan with oil and heat on medium-high heat, so the tortilla doesn't burn before it's cooked. Stir in a portion of the tortilla mixture and spread out evenly. Allow the egg to cook, and when you see that the omelet is set around the edges and the bottom, take the frying pan over the sink, and place a large plate (larger than the pan!), upside down over the pan. With your stronger arm (depending if you are right-handed or left-handed) take the pan, and flip it over with confidence whilst pressing the plate with your other hand. Go back to the stove and carefully slide the omelet from the dish to the pan, cooking the other side of our tortilla.

Use the spatula to shape the sides of the omelet in round shape. Let it cook for 3-4 minutes. If you like your omelet undercooked (as I really love), take it off the stove as soon as it's cooked to your taste.

Carefully slide or flip the omelet onto the serving plate. To serve as a main course, slice it into 6-8 pieces like a pie and if you find ripe and juicy tomatoes remember to serve the tortilla with the traditional bread with tomato.

If you are serving the tortilla as an appetizer, slice a baguette into ½ inch pieces. Cut the tortilla into 1.5" squares and place a piece on top of each slice of bread and secure with a toothpick or skewer.

My tip! We cooked our Spanish omelet the Catalan way, but you can try the Madrid way (just potatoes), or if you're feeling innovative, I recommend adding cream cheese, grated cheese (Parmesan is especially good), chorizo, sobrassada (Catalan paprika and pork sausage with a creamy texture), diced olives, fresh herbs (oregano or basil work really well!), and even spices.

- courtesy BCNkitchen.com