



Spanish Omelette

INGREDIENTS (for 4 people):

- Medium to large potatoes – 7
- Eggs – 7
- Virgin olive oil
- Salt

RECIPE:



Cut potatoes into small, thin chunks (not dices, or slices). If too big, the potato won't mix well with the egg. Add a generous pinch of salt. Fry the cut-up potatoes in a fryer (or in a frying pan- as if you were going to do chips) at a low heat, so that they don't brown. Let them cook gently in the oil for about 15 minutes, or slightly longer, until softened (but not mushy), and without allowing them to become chip-like or golden. The time needed to soften them so that they hold together well in the omelette will depend on the consistency of the type of potato you are using. Then pour the fry-softened potatoes into a sieve and press down on them slightly with a fork to remove excess oil.

Heat a good thumbnail-depth of oil in a high sided frying pan to a high temperature. As the oil is heating up, tip the potatoes into a big bowl. Beat the eggs in a separate bowl to achieve a nice, uniform liquid consistency and add about a third of the beaten egg to the potatoes. Mix in well so that all of the potatoes are well covered with egg. Then quickly add the rest of the egg, mixing in well. You may wish to add a little extra salt, at this stage.

Empty the mixture into the frying pan. Turn the cooker down to a medium heat. Once the egg has solidified sufficiently and the cooking side of the omelette is a light golden brown -(be careful that you don't leave it too long so that it burns)- you are ready to turn it over with the aid of a plate, and lightly brown the other side. The cooking part of making a Spanish Omelette doesn't take very long. Getting the consistency the way you prefer it is a matter of trial and error. Some like their Spanish omelettes solid and compact- which requires a longer cooking time; others go for theirs moist and slightly runny in the centre.

It is also a common practice in Spain to add another ingredient such as chopped onion into the mixture, to add flavour. Leave the omelette to stand and cool for 5 to 10 minutes prior to tasting, so that it holds together well when serving, and "*¡Que aproveche!*"

Recipe courtesy of: BAR MARFIL
Pontevedra, Spain