

Tortilla (Spanish omelette)



Ingredients

1 medium onion
1 clove of garlic
275g cooked potatoes
3 tablespoons oil
4/5 large eggs
salt and freshly milled black pepper

Preparation method

1. First of all, peel and cut the onion in half, then thinly slice each half and separate the layers into half-moon shapes. Now thinly pare the potatoes using a potato peeler and slice them into thin rounds - you have to work pretty quickly here because you don't want the slices to brown. When they are sliced, rub them in a clean tea cloth to get them as dry as possible.
2. Next, heat 2 tablespoons of the oil in the frying pan and, when it's hot, add the potatoes and onions. Toss them around in the oil to get a good coating, then turn the heat right down to its lowest setting, add a generous sprinkling of salt and pepper, put a lid on the frying pan and let the onions and potatoes cook gently until tender. Turn them over halfway through and shake the pan from time to time, as they are not supposed to brown very much but just gently stew in the oil.
3. Meanwhile, break the eggs into a large bowl and, using a fork, whisk them lightly - it's important not to overbeat them. Finally, add some seasoning. When the onions and potatoes are cooked, quickly transfer them to the eggs in the bowl.
4. Put the frying pan back on the heat, add the rest of the oil and turn the heat back up to medium. Then mix the potato and eggs thoroughly before pouring the whole lot into the frying pan and turning the heat down to its lowest setting immediately. Now forget all about French omelettes and be patient, because it's going to take 20 minutes to cook in a medium oven.