

Tortilla Espanola

(Spanish Omelet)

Serves Four

Ingredients

3 large eggs

salt to taste

3 – 4 tablespoons olive oil

3 large potatoes, peeled and thinly sliced

1 onion, peeled and finely chopped

tomatoes, avocado & olives for garnish

Directions

Whip eggs and add a pinch of salt. *We like to use flavored sea salt!

Heat the oil in a pan. Add potato and fry for a couple of minutes. Add onion.

When the potato and onion start to brown, add the eggs. Make sure the potatoes and onions are fully submerged by the eggs. Poke the potatoes to allow some of the egg to seep into the mixture.

Fry the tortilla gently over low heat. Shake the pan to loosen the tortilla from the base. Do not overcook.

When the egg starts to set, flip the tortilla onto a plate then return it to the pan on the reverse side. Keep shaking the pan so the tortilla does not stick.

Cook about one minute more. The edges will be firm and the center will be soft.

Slide the tortilla back onto the plate. Let it rest for 5-10 minutes before serving.

Garnish with fresh tomatoes, avocado and olives. Serve with a glass of Merlot!

