BASCO
GOURMET SPAIN TO YOUR DOOR

Spanish Omelette Recipe



PREP TIME
5 MINS

COOK TIME
25 MINS

TOTAL TIME
30 MINS

SERVES 4 PEOPLE

EASY

Ingredients

2 medium size Maris Piper potatoes, peeled
½ large white onion
2 large eggs and 1 egg yolk
250ml of sunflower oil
Salt to taste

Method

Using a small knife, cut the peeled potatoes into irregular chunks of about one inch in size. Peel and finely chop the onion. In a medium size, non-stick frying pan, heat the olive oil on a medium heat. Once hot, add the potato chunks into the frying pan, spreading them evenly over the pan. The oil should cover all the potatoes, if they don't add a bit more oil.

Cook the potatoes in the oil for about 10 minutes, add the chopped onions and cook for another 10 minutes over a moderate heat. The idea is to caramelise both the potato and onion in the oil until you obtain a nice light brown colour, you may need to shake or stir the potato mix carefully, so all the mix browns evenly. Drain the mix out from the pan into a bowl with a slotted spoon and reserve.

Crack the eggs and egg yolk into a large bowl and beat them with a whisk or fork. Pour in the potato and onion mixture. Mix together and season with salt.

Pour half a tablespoon of the cooking olive oil into a small, non-stick frying pan (ideally a blinis pan) and warm on a medium heat. When hot, stir the potato and onion mixture and spread out evenly. Allow the egg to cook around the edges using a fork to lift the mixture from the centre so the egg runs in and begins to cook. Allow the mix to cook for two minutes until the one side of the omelette is slightly browned. The inside of the mixture should not be completely cooked and the egg should be still be runny. When the mixture has browned on the bottom, you are ready to turn it over to cook the other side. Take the frying pan to a sink. Place a plate upside down over the frying pan. With one hand on the frying pan handle and the other on top of the plate to hold it steady, quickly turn the frying pan over and the omelette will fall onto the plate.

Place the frying pan back on the heat, pour in a bit more oil and let the pan warm for 30 seconds or so, now slide the omelette into the frying pan. Use a fork to shape the sides of the omelette. Let the omelette cook for another minute or so. Turn the heat off and slide the omelette onto a plate to serve.

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