



BRINDISA
KITCHENS

Tortilla Espanola



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INGREDIENTS:

SERVES 4

4 medium eggs
400g white potatoes
3 onions, peeled and sliced
Olive oil
Pinch of salt

METHOD:

1. Peel the potatoes, cut in half, and slice into ½ cm thick.
2. Caramelize the onions: Heat the oil in a frying pan then add the onions and cook over a high heat. Once the onions start to soften and caramelize turn the heat to medium/low, season with salt and cook for 30 minutes. The onions should be very soft, sweet, and slightly caramelised. The oil should start to split out. Strain the onions and reserve the oil.
3. Add the potatoes and season with half a teaspoon of salt, cook turning over regularly and covering with a lid until potatoes are cooked through and starting to caramelize.
4. Drain the potatoes and reserve the oil.
5. Beat the eggs with the caramelised onions and 1 teaspoon of salt then add the potatoes and mix thoroughly.
6. Cover the mixture and leave at room temperature for 15 minutes.
7. Reheat the same non-stick frying pan that was previously used with some of the reserved oil.
8. Add the egg mix and cook over a medium heat for around 5 minutes.
9. For an authentic finish, flip the tortilla onto a board/large plate, then slide back into the pan and cook the other side shaping the edges to make them rounded.
10. Alternatively, this could be baked in a pan/tray.