

Jason Pettit – Capital Radio Recipe



Quick Spanish Omelette (tortilla española)

Quite possibly, the most iconic of Spanish dishes which is perfect for lunch or supper. This version takes the basic 4 ingredients (onion, potato, egg & oil) but speeds the cook time by utilising a microwave to cook the potatoes, a large pan to make a thinner omelette, and stirring the egg mix once or twice during the initial cook.

If you prefer, you can simply fry the potatoes and onions together over a low heat for 20 minutes (or until the potatoes are just cooked) before adding the eggs and cooking over a low heat.

Ingredients – serves 4 people

2-3 med	potatoes (peeled)
1 lg	onion (sliced thinly)
4 Tbsp	olive oil
4 lg	eggs (beaten with a fork)
	salt to taste

to serve

2 lrg	tomatoes (sliced)
2 ea	cucumber (sliced)
1 pkt	mixed salad leaves (washed & drained)
1 each	baguette / artisan loaf of bread
	salt & black pepper to taste
	extra virgin olive oil to dress the salad

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Method

Slice the potatoes thinly (approx. 5mm), rinse under cold water to remove the starch then drain. Place into a large dish / plate and cover with a microwavable lid / cover. Cook on high power for 4 – 5 minutes.

Pre heat a large skillet / non-stick pan over a med – high heat. Add the olive oil and swirl the pan to coat the surface then add the sliced onions. Sauté until the onion softens (approx. 3 minutes) then add the salt.

Remove the potatoes from the microwave and drain any liquid. Add to the pan and toss together until evenly mixed. Cook for a further minute or two then drain any oil off.

Beat the eggs together lightly then add them to the pan and turn the heat down to medium. Once the eggs start to set around the edges, give the mix a quick stir to loosen / break up the edges and allow more liquid egg to touch the pan.

Cook for 3 - 4 minutes until the egg has mostly set.

Place a large plate on top of the pan and holding firmly, turn the pan upside down so the omelette falls onto the plate.

Return the pan to the heat and slide the omelette back into the pan. Cook for a further minute or two until just set.

Tip the omelette back onto the plate and serve alongside a simple green salad dressed with extra virgin olive oil, sliced tomatoes and cucumbers lightly seasoned and some fresh baguette / artisan bread.

Notes from the chef:

This is a quick version of the classic recipe, but it can be enhanced by adding any cooked meat / fish, cheese, herbs and or mushrooms.

For a more rustic flavour, do not peel the potatoes but simply scrub them well and then slice thinly.

The centre of the omelette should be slightly wet but if you prefer your eggs well done, then simply cook for slightly longer after turning it over.

If you are not confident in flipping the omelette, you can easily finish cooking it by placing the pan under a pre-heated grill for a few minutes.

Ensure your eggs are fresh and have been removed from the fridge for at least 30 minutes before you want to use them.

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Tbsp - tablespoon

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