



Free Downloadable Spanish Omelette Recipe

This is a very flexible recipe. Add more potatoes, onion and garlic if you want, or leave the onions and garlic out altogether if you don't like them.

The best potatoes to use are small, new potatoes but any you have in your store cupboard will do fine.

Ingredients.

- 10 fresh eggs
- 500 grammes (18 oz) potatoes
- 1 onion
- 2 cloves garlic
- About three tablespoons of extra virgin olive oil
- Quarter cup plain, unsweetened yoghurt (optional)
- Salt to taste (or leave out altogether).

Method.

- Heat your oven to 180°C, 350°F.
- Wash the potatoes and peel if you prefer.
- Cut them into small-ish cubes.
- Put them into a pan of boiling salted water and bring to a *gentle* boil for no more than 5 minutes so they're part cooked. Don't overdo them, particularly if you're using older potatoes, or they'll turn to mush.
- Drain off the water and leave them to one side.
- While your potatoes cook, dice the onions and garlic.
- Warm the olive oil in your frying pan or skillet, add the onions and garlic and cook gently. When they're ready, the onions will look almost transparent.

- Once they're done - it will only take a few minutes - add the potatoes to the pan and mix them all together.
- Let them fry off for another couple of minutes.
- Some people let the potatoes cook completely in the oil without par-boiling them. I don't do that because it makes them quite fatty as they absorb the grease.
- However if you want to use that method, just fry onions first, add the potatoes, put the lid on the pan and leave to cook on a very low light for ten minutes.
- While all that cooks, break your eggs - whole - into a container and whisk them together.
- If you want to make your omelette / frittata particularly creamy, add a quarter cup of plain, unsweetened yoghurt to them before beating. Don't overdo it because they'll go too liquidy.
- Once the vegetables are cooked, pour the beaten eggs into the pan and place in the centre of the pre-heated oven.
- Leave for around 15 minutes, then check it. It should feel set but still slightly jelly-like when you shake the pan a little.
- When the top is set, test by putting a knife into the middle of the omelette. You'll be able to see whether the egg is completely cooked.