

Tortilla española (Spanish omelet)

Ingredients:

1 cup olive oil

four large potatoes (peel and cut into small pieces about 2mm thick)

salt to taste

one large onion, thinly sliced

four large eggs.

Heat the oil in a 9-inch skillet, add potato pieces, one slice at a time so that they don't stick. Alternate layers of potato and onion. COOK slowly, medium flame. DO NOT FRY!! Turn occasionally until potatoes are tender, but NOT brown. They must be loose, not "in a cake".

Beat eggs in a large bowl with a fork. Salt to taste. Drain potatoes. Add potatoes to beaten eggs, pressing them so that eggs cover them completely. Let sit for 15 minutes. Heat 2 tbsps of the oil in large skillet. Add potato-egg mixture, spreading quickly. Lower the heat to medium-high. Shake pan to prevent sticking (crucial step!!) When potatoes start to brown, the egg will start setting. As this happens place a plate over the pan, a large enough plate to cover the pan substantially, and with a quick movement of both wrists flip the tortilla over onto the plate and then slide it back into the pan to cook the underside. Keep shaking the pan lightly so the tortilla does not stick to the bottom.

Once it feels firm on the edges and soft in the middle then slide the tortilla back onto the plate. For the brave heart you can do the flip again if you wish.

Cut into cake slices or cubes. Serve warm or cold.