



HOW TO MAKE A SPANISH OMELETTE **TORTILLA**

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What is a Spanish omelette

- ☐ The Spanish omelette is a traditional Spanish dish made from eggs, potatoes and sometimes onion.
- ☐ Cooked in oil, this dish is often served cold, as a tapas dish, or even with a main meal.
- ☐ In Spain the tortilla is often served with bread and sometimes padron peppers (pimientos de padrón).
- ☐ If you are living in Spain, you should definitely learn how to make this traditional dish!



Ingredients:

- 4 tbsp extra virgin olive oil (you can substitute this for vegetable oil if you prefer).
- 400g starchy potatoes, peeled and diced or thinly sliced.
- 2 cloves of garlic (optional).
- 1 large white onion (optional but recommended).

To serve:

- Baguette, sliced.
- A handful of padron peppers, fried in oil and seasoned with salt.

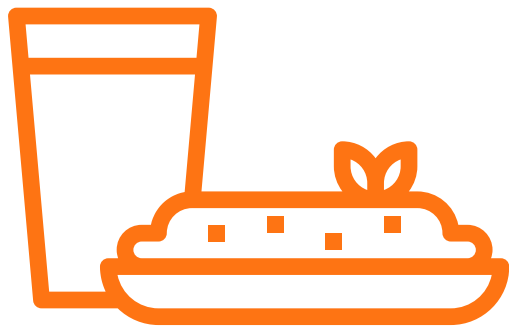


Recipe:

1. Cut the potatoes into thin slices or small dices.
2. Place the oil in a large non-stick frying pan on a low heat.
3. Season and sauté the potatoes in the oil.
4. Add the onions (if you are using them).
5. Stir on a moderate heat until soft (but not brown!) for about 15 minutes.



6. Once the onion is soft, crush the garlic and add to the pan (if you are using it).
7. Remove from the pan, drain the oil and mix in the beaten eggs.
8. Return the whole mixture to the pan and fry slowly.
9. Once the base is golden, turn over by sliding onto a plate, place another plate on top, flip the plates and slide back into the pan to finish cooking.
10. When it's cooked, the top and bottom should be set, but the middle still a little wobbly.



Once the tortilla is ready, slide onto a plate and serve hot or cold.

And most importantly... Enjoy this delicious dish!



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