

Tortilla Española



This classic recipe only uses 4 ingredients plus seasoning: eggs, waxy potatoes, onions and olive oil. Season with salt and black pepper if liked.

Notes: Potatoes varieties like Maris Piper, pinks or blues will not work well for a Tortilla – they are too starchy. Choose a variety like Cyprus, Regal Red or White for this dish.

Ingredients for 28cm pan serves 8 - 10

4 Medium potatoes, peeled (approx 750g when peeled)

125ml Olive Oil

1 large onion

8 large eggs

Method

Steam the peeled potatoes in a pressure cooker for 8 minutes, well in advance and allow the pressure to return to normal. Remove potatoes and allow to cool. This can be done in batches. The par cooked potatoes will last for a week in the fridge in a container. If you don't have a pressure cooker simply boil until just cooked and allow to cool.

Peel and slice the potatoes into thin wedges.

Chop the onion – doesn't have to be fine.

In a 28cm pan fry the onions and potatoes in the 125 ml of oil making sure they are all coated and that they don't burn. Add a good pinch of salt whilst frying. Check you can put an olive stick or similar through a potato slice without forcing it and making it split. Turn off the pan and cool slightly.

Beat the 8 eggs together with a good pinch of salt. The salt actually helps the eggs retain moisture during cooking. Add the cooked potatoes and onions carefully to the egg mixture and allow to rest for about 5 minutes. Make sure all of the potatoes and onions are coated in egg. Add black pepper if it is to your taste at this point. Strain off some of the oil from the pan but ensure there is still some to cook the egg mixture in.

Return the mixture to the pan at a low to moderate heat, making sure the eggs don't stick or burn. They will need to cook for about 10 – 12 minutes in total – 6 minutes on each side. Avoid cooking with a lid on top at this point, as it will change the texture of the tortilla. Once flipped (see below) use a spatula to tuck in the sides of the tortilla to get the classic shape you see for Tortilla Española

Flipping the tortilla!

Most Spanish kitchens have a special tortilla set of two pans, which are kept just for Tortillas. They have fitting hooks at the end so that the two pans can be put together and just turned over. Otherwise, use an extra pan held tightly or a plate which covers the pan. It is important to turn quickly!!

Once fully cooked, transfer the tortilla to a serving plate and serve with aioli or a smoked pepper puree and perhaps a bit of goat's cheese.

Smoked pepper puree recipe.

Place 6 red peppers in an air fryer. Ensure that all of the seeds and top have been removed and that the skin is scored with a sharp knife – this will make it easier to remove the skin. Rub with a small amount of oil – sunflower or rapeseed. (do not use olive oil)

Cook at 240 C for 8 - 10 minutes to along with a couple of garlic cloves – (skin on) Remove peppers and allow to cool so that they can be handled. The skin should be slightly charred. Cover so that the remaining steam from the peppers continues to cook and help separate the skin from the flesh. Remove skin whilst still warm (easier), washing under a tap if necessary or using a sharp knife to remove as much as possible. Remove skin from garlic cloves.

If you don't have an air fryer you can roast in a hot oven until charred.

Blend the peppers in a blender along with the garlic and some chilli oil. If you have a smoker start to introduce cold smoke into the blender whilst the blender is still running. (smoked paprika can also be used.) The blending action will suck some of the smoke into the puree.

Add a good pinch of salt and blend in. Check the seasoning and add more salt if needed.

Sieve whilst still warm to remove any remaining skin and pith. This will give you a smooth puree.