

Spanish Tortilla

(omelet with potatoes)

INGREDIENTS

3 main-course or 6 appetizer servings

1¼ pounds potatoes, 3 or 4 medium

1 medium onion

1 cup olive oil

Salt and freshly ground black pepper

6 extra-large or jumbo eggs

PREPARATION

1. Peel and thinly slice potatoes and onions; it's easiest if you use a mandolin. Meanwhile, heat oil in an 8- or 10-inch nonstick skillet over medium heat. After 3 or 4 minutes, drop in a potato slice. When tiny bubbles appear around its edges, add potatoes, onions, a good pinch of salt and a liberal sprinkling of pepper. Gently turn mixture in oil with a wooden spoon and adjust heat so oil bubbles lazily.
2. Cook, turning potatoes gently every few minutes, until they are tender when pierced with a small knife. Adjust the heat so they do not brown. If potatoes begin to break stop cooking. As potatoes cook, beat eggs with some salt and pepper in a large bowl.
3. Drain potatoes in a colander, reserving oil. Wipe out skillet, and heat over a medium heat for a minute. Add 2 tablespoons of oil. Gently mix warm potatoes with eggs and add to skillet. As soon as edges firm up, after a minute or so, reduce heat to medium-low. Cook for approximately 5 minutes.
4. Insert a rubber spatula all around edges of tortilla to make sure it will slide from pan. The top will still be runny. Carefully slide out onto a plate. Cover with another plate, and holding plates tightly, invert them. Add another tablespoon oil to skillet, and use the spatula to coax tortilla back in. Cook for 5 minutes, then slide from skillet onto a clean plate. Serve warm (not hot), or at room temperature.

Nutritional analysis per serving (3 servings)

980 calories; 84 grams fat; 14 grams saturated fat; 0 grams trans-fat; 57 grams monounsaturated fat; 10 grams polyunsaturated fat; 38 grams carbohydrates; 5 grams dietary fiber; 4 grams sugars; 20 grams protein; 988 milligrams sodium