



Ingredients

-  Olive oil
-  1 cup onion pureed
-  1kg of potatoes
-  8 LOHMANN eggs
-  Salt

POTATO OMELETTE

Traditional Spanish Omelette

- 1 After washing the potatoes, peel them and cut into thick slices. Chop the onion as well.

Then warm up the olive oil in the pan (normally a large one) and fry potatoes and onion stirring frequently (avoid getting very fried potatoes – stew) and adding salt. Both olive oil and potatoes must be covered by the oil when frying.

Once both, onion, and potatoes, are fried then strain them in a bowl removing the oil that must be kept in another bowl.

- 2 Take the eggs and beat the eggs with a fork, then add the potatoes and onion and stir adding some salt.
- 3 In a medium size pan, heat a couple of the retired oil tablespoon (only covering the bottom of the pan). When it is warm, add the mixture of potatoes, onions, and eggs and heat moderately. Spin the pan by using the handle frequently to avoid getting the omelette stuck to the pan.
- 4 After some minutes (4–5min), by using a cover or a plate big enough, turn over the omelette and heat for another 4–5 min. (if you like more cooked, heat for a longer time). Spin again frequently the handle.
- 5 Finally slide the omelette in a plate and wait 10 minutes. Then it's ready!



Juan Valle Diez

Global Technical
Service Nutrition

