

Tortilla de Patatas | Plant-Based

Swick

Makes 1 tortillas | Active Time: 40 minutes | Total Time: 50 minutes

Step 1: Starting the Dish

- 1 medium onion
- 1 tbsp olive oil
- 4 medium russet potatoes (4 cups once cooked)
- 1/2 tsp sea salt

To start, peel and dice the onion. Heat a non-stick frypan to medium-low and add the olive oil, followed by the onions and salt. Stir and sweat until translucent. While the onions sweat, peel the potatoes.

Step 2: Preparing the Potatoes

- 2 tbsp olive oil*

Once the onions are ready, cut the potatoes into quarters lengthwise. Using a small paring knife, cut the potato into little pyramid-shaped pieces, placing them into the pan as you cut them. Once you have finished cutting all of the potatoes, add the remaining olive oil, and salt.

*Note: To keep the recipe a bit more “traditional” you could use more oil to cook the potatoes (they should be almost covered in oil) and then drain them, using a slotted spoon, once cooked. Also, note that potatoes can simply be sliced but this is how I learned to make the recipe when I lived in Spain. To slice the potatoes, cut them in half lengthwise. Then, slice the potatoes in approximately 1/8"-inch thick pieces.

Next, turn the heat up to medium and fold the onions and potatoes together. Then turn the heat down to medium-low, cover and let cook. Check the potatoes occasionally to make sure they are not taking on any color. If so, turn the heat down a bit. When the potatoes are almost done, check for seasoning. The potatoes will take anywhere from 25 to 35 minutes to cook. Once the potatoes are cooked, measure out approximately 4 cups into a large bowl.

Step 3: Preparing the Tortilla for Cooking

- 3/4 cup chickpea flour (also know as gram or chana)
- 1/4 cup corn flour
- 1 tsp black salt
- 1 1/4 cup water

To start, first, mix together the dry ingredients and then add the water.

While the black salt is optional, it does add a very particular flavor that is a welcome addition to this tortilla — especially given that it’s traditionally a potato and egg dish.

Next, pour the liquid over the potatoes and gently fold everything together. The mixture should look a bit wet, if not, add a touch more water and mix again.

Test ratios for chana and corn flour as well as black salt

Step 4: Cooking the Tortillas

- 1 to 2 tbsp olive oil

To cook the tortilla, heat a 9"-inch, non-stick frypan (see Chef Notes) over medium heat and add the oil. Once the pan is hot, add the potato mixture.

As soon as the sides of the tortilla start to cook, give the pan a bit of a shake to make sure the bottom is not sticking. Once the tortilla starts to set a bit, fold the sides slightly inwards. As soon as the edges of the tortilla start to brown, flip the tortilla over using a large, flat plate.

Place the frying pan back onto the stove and drizzle with a bit more oil. Slide the tortilla, uncooked side down, back into the pan and tuck the sides underneath. Cook on medium heat for another 3 to 5 minutes. Use a large plate to flip the tortilla out of the pan. Allow the tortilla to sit for at least 15 minutes before serving.

Step 5: Serving the Tortilla

Serve this tortilla with a light side salad or simply serve with a variety of other Spanish tapas such as this Braised Spinach & Chickpea dish, Manzanilla olives, Marcano almonds and these delicious Roasted Red Peppers. This Romesco Sauce also goes nicely with the tortilla.

Chef's Notes

The shape and size of your pan are important. You will need a pan with curved sides that is about 9" -inches in diameter. Also, make sure the pan is non-stick and has sides that are at least 2" -inches high.

This is an example of how good just a few simple ingredients can be when put together. Tortilla de Patatas (Spanish Omelet) is one dish that is on every tapas menu in Spain.

Here are just a couple of other tapas recipes that we have for you to try as well.

Pan Con Tomate

Marinated Carrots

Braised Spinach & Chickpea

Smoky Spanish Almonds

Charred Roasted Red Peppers

Patatas Bravas

Charred Shisito/Padrón Peppers