



Spanish omelette

For 4 people

Read first

- Fire can burn, children must be watched by an adult at all times
- Remember the pan will get very hot

Equipment

- Knife & chopping board
- Dutch oven lid or frying pan
- Wooden spoon
- Colander
- 2 large mixing bowls
- Spatula
- 4 mess tins to serve

Ingredients

For 4 people:

- 500g new potatoes
- 1 onion, preferably white
- 150ml vegetable oil
- 3 tbsp chopped parsley
- 6 eggs

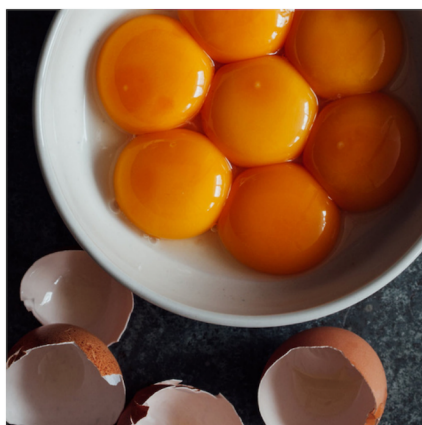


Cook onion & potato

Clean and scrape the potatoes, and cut into thick slices. Peel and chop the onion into small chunks

Heat the oil in a large frying pan, add the potatoes and onion and saute gently for 30 mins. Stir occasionally until the potatoes are softened

Strain the potatoes and onion through a colander into a large bowl (set the strained oil aside)



Mix the eggs and pour over

Heat a little of the oil in the pan

Beat the eggs in a bowl and pour into pan

Add the strained potatoes and onions with the parsley, some salt and pepper

Cook slowly on embers

Use the spatula to shape the omelette



Now cook them

When almost firm, use the spatula and plate to turn over and cook the other side

Turn over twice more, cooking the omelette briefly each time and pressing the edges to keep the cushion shape

Slide back onto the plate to cool for 10 mins before serving



- 10 minutes preparation



- 50 minutes cooking time