

## **Savouring Siestas**

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Bullfighting. Picasso. Flamenco. Sangria. Spain, and the Spanish people, has made many worthwhile contributions to culture and cuisine, but none more so than the siesta.

I recently returned from a wonderful trip to Spain where I completely reveled in the time each day taken for siesta - stores close, and people move slower and quieter, stopping to smell the roses or to share a meal with friends.

Guidebooks and friends warned me to reset my stomach-clock when traveling in Spain because lunch, eaten during siesta, between 1:30 and 4pm, is usually the main meal of the day. The evening meal is lighter and is served between 10 and 11pm.

I knew I had successfully moved to Spanish time when one afternoon, after relaxing for a few hours on the beach, I found a spot of shade on an outdoor patio, ordered some sangria and a Spanish omelette and spent siesta savouring my food and watching the world go by.

Here's a recipe for a Spanish omelette that takes me back to that siesta and the sun. I hope you enjoy it!

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### **Easy & quick recipe for Spanish omelette (Tortilla Española)**

A delicious potato omelette that can be served as a tapas, either warm or cold with salad.

#### **Ingredients (for 3 people):**

- 4 eggs
- 1/2 kilo potatoes
- Olive oil (one glass, or 1/4 litre)
- Salt

#### **Steps:**

**1:** Wash and cut the potatoes into thin slices. Heat the oil in the pan, and add the potatoes and salt. Fry, stirring occasionally. Tip: If you prefer the potatoes to be soft, use a spatula to mash them as they are frying. As soon as they are a golden colour, remove from the pan and put the potato mixture either in a sieve or on kitchen paper, so that as much oil as possible drains away or is absorbed.

**2:** Beat the eggs well with a pinch of salt, and add to the potatoes. Mix well.

**3:** Put two small spoonfuls of olive oil in the frying pan, so that the bottom of the pan is covered with a thin layer of oil. Once the oil is hot, add the potato and egg mixture. Tip: shake the pan gently as you move the mixture, so that none sticks to the bottom. Once the omelette seems to be cooked, use the lid of the frying pan (or a large plate) to tip the omelette out of the pan, add a little more oil and slide the omelette in again, this time putting the less cooked side first into the pan. If you need to repeat this step, so that the omelette is perfectly cooked and golden on both sides, you may do so. This omelette is delicious hot or cold.

**Other versions:**

**Spanish omelette with onion and potato:** the process is the same. All you have to do is cut two onions into thin slices, and add them to the oil just after adding the potatoes.

**Spanish omelette with almost anything:** other ingredients Spaniards sometimes use in their omelette recipes include ham, cheese, mushrooms, artichokes, spinach, and chorizo.

Recipe Source:

[http://www.euroresidentes.com/euroresiuk/Recipies/spanish\\_omelette.htm](http://www.euroresidentes.com/euroresiuk/Recipies/spanish_omelette.htm)

