

Juicy Spanish Potato Omelet (Tortilla de Patatas)

⌚ Prep: 15m 🔥 Cook: 45m ❄️ Rest: 10m ⚡ Total: 70m 🍽️ 6 servings



📺 Video ref: Recetas de Esbieta

MISE EN PLACE / INGREDIENTS [6]

- ☐ 2 lbs (1 kg) Yukon Gold potatoes, thinly sliced
- ☐ 1 large Sweet yellow onion, diced
- ☐ 8 whole Large eggs at room temp
- ☐ 1.5 cups Extra virgin olive oil for poaching (Goya Extra Virgin)
- ☐ 1.5 tsp Fine sea salt, divided
- ☐ 6 slices Crusty bread slices (optional, for serving)

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Yukon Gold Potatoes: Yukon Gold Potatoes

Buttery texture that softens without crumbling into mashed potatoes. • 📍 Produce section.

COOKING SEQUENCE & CHECKPOINTS

1 Poach in Olive Oil 35 min
Cook sliced potatoes and onions with 1 tsp fine sea salt in olive oil over medium-low heat without browning for 35 minutes until tender.
✓ Checkpoint: Meltingly soft translucent potatoes.

2 Drain and Soak 10 min
Drain oil. Whisk eggs with remaining 0.5 tsp fine sea salt and gently fold in warm potatoes. Rest 10 minutes.
✓ Checkpoint: Thick, warm egg-potato blend.

3 Set Bottom 6 min
Heat skillet with 1 tbsp oil. Pour mixture, cook 2 minutes on medium-high, then 4 minutes on low.
✓ Checkpoint: Curved set edges and wobbly top.

4 The Flip 4 min
Cover skillet with flat plate, invert in one confident motion, slide back into pan, and cook 4 minutes.
✓ Checkpoint: Golden rounded disk with juicy center.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 160°F (71°C) USDA SAFE MINIMUM FOR EGG DISHES (OR USE PASTEURIZED EGGS FOR A SOFTER CENTER)**
The USDA safe minimum internal temperature for egg dishes is 160°F (71°C). If cooking the tortilla to the traditional Spanish betanzos/creamy center style (145°F–155°F / 63°C–68°C), use pasteurized shell eggs and serve immediately or refrigerate promptly at ≤40°F (4°C).

👁️ **MASTER DONENESS CHECKPOINT:**
Golden pale exterior with a moist, creamy, slightly runny center when sliced.

🔬 **WHY IT WORKS:**
Warm Rest Technique: Soaking warm poached potatoes in beaten eggs for 10 minutes allows the potato starch to absorb liquid egg, creating a cohesive custard-like texture.

⚠️ **TROUBLESHOOTING:**
Tortilla sticks to pan during flip: Loosen the edges with a spatula and ensure pan is lightly oiled before pouring.

Interactive cooking mode, timers, and video guide at:
<https://cocinanding.com/recipes/tortilla-de-patatas-esbieta>

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