

Recipes from our pub kitchen

by Amanda Pritchett

Spanish Tortilla, Caperberry salad and Tomato toast

Tortilla is a humble dish, but it does require a lot of good olive oil, patience, and the right pan.

You will also need a pan lid a bit larger than the frying pan – or you can use a plate. In the pub we use small blini pans for individual tortillas.

This recipe is for a smallish 20cm non-stick frying pan that holds 700 – 800 ml and serves 4.

If you want to make a larger quantity, I suggest you double the quantity and make 2 tortillas, as using a large pan is tricky. The tortilla needs to be deep, and the mixture should fill the frying pan to the top or it will be too dry. It can be made without eggs and I have given an alternative mixture for this using gram flour - the black salt adds a sulphurous note reminiscent of eggs.

Ingredients (Serves 4)

4 large eggs, 1/4 tsp salt

OR

80g gram flour, 160ml water, large pinch black salt (optional), 1/4 tsp salt

600g potatoes – peeled, quartered and sliced about 3mm thick

1 large Spanish onion chopped

1 clove garlic chopped

200ml olive oil

A little salt and black pepper

Method

If you are using gram flour, put it in a large bowl and whisk in half the water until smooth before adding the rest of the water and seasoning.

In a roomy heavy bottomed pan with a lid, heat the oil and add the potatoes. Stir well, add 1/2 tsp salt, set the heat low and put on a lid. Stir the potatoes every minute or so, for about 15 mins, then stir in the chopped onion and a few minutes later the garlic. Continue in the same mode until the onions and potatoes are soft. Don't worry if they start to break up, this is meant to happen.

The AIM is to soften everything without browning. Transfer the mixture to a sieve or colander with a bowl underneath and let it drain and cool for half an hour. Keep the leftover oil as it can be used later.

If you are using eggs, break them into a large bowl, add a pinch of salt and beat with a fork. Add the potatoes into the large bowl with the eggs/gram, and mix well. Heat the small frying pan with a little of the drained oil and fill it right to the top with the mixture. Turn the heat right down and let it simmer/fry for about 8 -10 minutes. The middle should still be soft, but holding its shape enough to turn it over.

Now the fun bit – place your pan lid or plate on top of the tortilla with your right hand, and holding the frying pan with your left, turn it onto the lid. Hold it level! Put the pan back on

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the heat and slide the tortilla back into the pan. Cook for 5 mins more and turn out onto a plate. Best eaten slightly cooled, serve with the Tomato toasts and Caperberry salad.

Tomato Toast

4 pieces of Sourdough bread
2 plum tomatoes or fleshy tomatoes
1 or 2 Garlic cloves
Salt flakes
Olive oil

Halve the tomatoes and over a bowl, grate the cut side on the coarse plate, leaving the skin to be discarded. Toast the bread and rub with garlic, spread with a thin layer of the tomato, sprinkle some salt flakes and drizzle with olive oil.

Caperberry Salad

Ingredients per person – mix together in a bowl
3 pitted black olives
4 or 5 caperberries
half a roasted pepper in strips or 3 piquillo peppers torn up
half a sliced spring onion
small handful parsley leaves
Sherry vinegar dressing: 10ml Sherry vinegar, Olive Oil,