

TORTILLA DE PATATAS

Spain's Most Iconic
Comfort Food

Simple ingredients. Big love.
That's Spain. ♥

A LITTLE HISTORY

Born in the early 1800s (Galicia says "it was us!", others argue... classic Spain 😊).

Originally a humble dish made with potatoes, eggs and onion.

Today? A national treasure.

Serve it hot, warm, or cold.

Breakfast, tapa, lunch, dinner... yes, even midnight snack!



CHOOSE YOUR STYLE

CON CEBOLLA
(With Onion)

OR

CON PIMIENTO VERDE
(With Green Pepper)



Sweet, soft
and classic.



A little sweeter,
a little fresher.

BOTH ARE INCREDIBLE.

Team Tortilla? No wrong answer here!



BESS KITCHEN SECRETS

- ♥ Low and slow: Cook potatoes gently in olive oil. Rushing = hard potatoes.
- ♥ Juicy is good: The potatoes should be soft and almost melt in your mouth.
- ♥ Rest before slicing: Let it sit 5–10 min so it sets and slices beautifully.
- ♥ No fancy tools: Just a pan, a plate and a little courage for the flip!



1 PREPARE THE VEGGIES

Peel and slice potatoes (thin, about 3–4 mm). Slice onion or green pepper (if using).



2 COOK SLOWLY IN OLIVE OIL

Add potatoes and your choice (onion or green pepper) to a pan with plenty of olive oil.

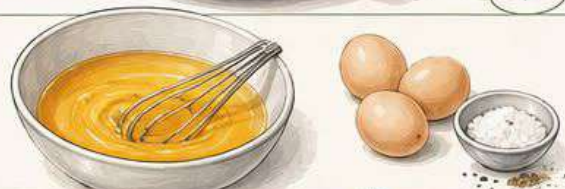
Cook on low–medium heat for 20–25 minutes, stirring gently. They should be soft, not browned.



LOW HEAT
IS THE
SECRET!

3 BEAT THE EGGS

Beat the eggs in a large bowl. Season with salt (and a little pepper if you like).



4 COMBINE

Drain the potatoes (keep the oil for another use—liquid gold!).

Add the potatoes and veggies to the beaten eggs. Mix gently.



Don't overmix!
We want tender
potatoes,
not mashed!

5 COOK THE TORTILLA

Heat a little olive oil in a non-stick pan (or well-seasoned).

Pour the mixture in. Cook on medium–low for 4–6 minutes. Shake the pan gently so it doesn't stick.



Edges set
center still
soft.

6 THE FLIP (BE BRAVE!)

Place a large plate over the pan, flip, and slide the tortilla back in. Cook the other side for 3–4 minutes for a soft center, or longer if you prefer it more set.



7 REST & ENJOY

Let it rest for 5–10 minutes. Slice into wedges and enjoy! Classic with bread, a simple salad, or all by itself.



Perfect
anytime!

INGREDIENTS (SERVES 4–6)

- 6 medium potatoes (about 1 kg)
- 1 onion (or 1 green pepper, or both!)
- 6 large eggs
- Olive oil (a good amount!)
- Salt
- Optional: pepper



SERVING IDEAS

- Tapas with alioli
- Bocadillo (tortilla sandwich)
- With roasted red peppers
- With a cold beer or a glass of wine



NUTRITION (PER SERVING*)

Calories 320 kcal	Protein 15 g	Carbs 24 g	Fat 20 g

*Approximate values

GOOD INGREDIENTS. LOW HEAT. LOTS OF LOVE.



THAT'S THE REAL SPANISH SECRET.



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