

Food

WEDNESDAY, OCTOBER 26, 2005

Tortilla al Estilo Route 11 (Route 11 Potato Chips Omelet)

4 appetizer servings

As Jose Andres says in his new cookbook, "This dish proves that a good tortilla is simply egg, potato and the right frame of mind." This is an adaptation of his mentor's omelet at El Bulli in Spain.

Why use Route 11 chips, specifically? A thicker, saltier chip can make this almost inedible. Andres' tip: Keep moving the egg mixture when you pour it in, or it will become thick and heavy. Recipe adapted from his "Tapas: A Taste of Spain in America" (Clarkson Potter, 2005).

7 large eggs

4 ounces lightly salted potato chips, such as Route 11 chips

4 tablespoons extra-virgin Spanish olive oil

Break 6 of the eggs into a large mixing bowl. Add the chips and stir, crushing them a little as you blend the eggs together. Allow the mixture to sit for 5 minutes until the chips absorb a lot of the egg. Beat the seventh egg and add it to the egg-chip mixture, adding salt to taste.

In a small skillet over medium heat, heat 2 tablespoons of the oil. Add the egg mixture and stir briskly a few times with a wooden spoon to prevent the eggs from sticking to the bottom of the pan. Shake the pan in a circular motion for 10 seconds to keep the mixture loose. Reduce the temperature to low and cook for another minute.

Place a plate over the top of the pan and invert the pan so the tortilla winds up on the plate, raw side down. If the pan looks dry, add the remaining 2 tablespoons of oil. Return the tortilla to the pan by sliding it back in, raw side down. Continue cooking for 60 seconds, or until the eggs are the desired consistency. Serve immediately.

Per serving: 402 calories, 13 g protein, 16 g carbohydrates, 32 g fat, 372 mg cholesterol, 8 g saturated fat, 860 mg sodium, 1 g dietary fiber
Recipe tested by Bonnie S. Berwick; e-mail questions to food@washpost.com

