

Spanish Potato Omelet

(TRUITA DE PATATES)

This omelet, almost solid with potatoes, is called *tortilla* outside Catalonia.

PREP AND COOK TIME: About 35 minutes

MAKES: 6 to 8 servings

NOTES: You can make this omelet up to 6 hours ahead; cover and store at room temperature up to 2 hours or chill up to 6 hours (let come to room temperature before serving).

- 3 russet potatoes (1½ lb. total)
- 1 medium onion
- ¼ cup extra-virgin olive oil
- 6 large eggs
- 1 teaspoon coarse salt

1. Peel potatoes and onion. Quarter each lengthwise, then cut crosswise into ¼-inch-thick slices.

2. Heat a 10-inch ovenproof nonstick frying pan over high heat and add all but 1 teaspoon olive oil. When oil just starts to smoke, add potatoes and onion. Stir, turning vegetables to coat with oil. Reduce heat to medium-low and gently turn vegetables often until potatoes are tender when pierced, 15 to 20 minutes.

3. Preheat broiler. In a large bowl, beat eggs with salt and stir in potato mixture.

4. Drizzle remaining 1 teaspoon oil over bottom of frying pan (no need to wash) and return to medium-low heat. When pan is hot, add potato-egg mixture, spreading evenly. Cook until bottom is set and golden brown, 4 to 6 minutes.

5. Set pan under broiler about 4 inches from heat and broil, rotating pan as needed to cook evenly, until egg sets and lightly browns, about 3 minutes. Cover pan with a large plate; holding the two together tightly, invert. Lift pan off. Serve omelet warm or at room temperature, cut into wedges.

Per serving: 184 Cal., 54% (99 Cal.) from fat; 6.6 g protein; 11 g fat (2.2 g sat.); 16 g carbo (1.3 g fiber); 242 mg sodium; 158 mg chol.

Roasted Red Peppers with Garlic and Olive Oil

(PEBROTS ESCALIVATS)

Roasting intensifies the flavors of vegetables, and red peppers are no exception. You can roast these peppers in the oven or on the grill (the traditional Catalan way is over a wood fire). However you roast them, just make sure they are cooked until softened but not too charred.

PREP AND COOK TIME: About 1½ hours

MAKES: 6 to 8 servings

NOTES: You can prepare these peppers through step 2 up to 1 day ahead; cover and chill. Let come to room temperature before serving and drain off excess liquid. Be sure to use very fresh garlic; old garlic will taste bitter and strong.

- 8 red bell peppers
- 2 cloves garlic, minced
- 1 teaspoon kosher or sea salt
- 4 tablespoons extra-virgin olive oil

1. Preheat oven to 400°. Put peppers in a large baking pan and bake until soft when pressed, 40 to 50 minutes. Let cool 10 to 20 minutes to loosen skin.

2. Meanwhile, with a mortar and pestle, mash garlic with salt into a paste (or mash garlic with salt with the flat side of a chef's knife, then put into a small bowl). Stir in olive oil to blend.

3. Peel, stem, and seed peppers and cut lengthwise into ¾-inch-wide strips. Arrange peppers on a platter and drizzle with garlic oil, scraping it out of the mortar or bowl to get all the garlic. Serve warm or at room temperature.

Per serving: 81 Cal., 80% (65 Cal.) from fat; 0.7 g protein; 7.2 g fat (1.1 g sat.); 5 g carbo (1.2 g fiber); 246 mg sodium; 0 mg chol. ●