Spanish omelette with apple trampantojo



Consejo del chef

You can serve this omelette right away or wait until it is colder, up to you.

Raciones para 4

- ❑ 2 Reinette apple
- ❑ 25g Sugar
- ❑ 10g Butter
- ❑ 1-2 Cinnamon sticks
- ❑ 1 Egg white
- ❑ 2 Eggs

1. Peel the apples, remove the core, and cut into similar size pieces like the traditional potatoes cut for Spanish omelette (that means, cut potatoes into thin to very thin slices).

2. Place the cut apple in a pan with sugar, butter, and the cinnamon stick. Put a lid on and cook over low heat for 20 minutes or until tender. It is important not to overcook the apples and keep the size of the pieces. Once cooked, set aside to cool.

3. Separate egg's whites and yolks. Blend yolks and apples. Whisk whites in stiff peaks and incorporate the mix stirring gently from the bottom to the top to keep the air bubbles.

4. Heat a pan with a 20cm diameter and place some butter at the bottom. Pour the mix and cook over medium to high heat for about 4 minutes. Then, with the help of a plate, flip it. Add some butter again to the pan and cook the omelette on the other side for a couple of minutes.

Chef's Notes

https://cookinglovers.teka.com/en/receta/trampantojo-de-tortilla-espanola-de-manzana/