



Spanish Omelet

Chef Frank Maldonado

Cooking Time: 45 Minutes

Makes 2 Dozen

Ingredients:

1/2 u Spanish Onions diced

2 oz. Olive oil

1/4 lb. Pastrami Fine Julianne

6 Beaten Eggs

1/2 Sweet Plantain

Cooking Instructions

Fry the Sweet Plantain until cooked

Add two tablespoons of olive oil to the med frying pan. Heat at a medium setting.

When hot, add the onions. If they begin to turn brown add the sweet plantain and pastrami lower the heat. Turn the plantain and onion every couple of minutes.

When the potatoes and onion are cooked, add them to the bowl of eggs.

Leave the omelet to cook for 15 minutes at the lowest heat setting.

When there is almost no liquid on the surface of the omelet turn it by putting a plate on top of the frying pan and turning it upside down. Put the omelet back in the pan.

To round the edges, turn the edges of the omelet inwards with a spatula.

Let the omelet cook for another 5 minutes. Cut the Spanish Omelets in half and serve on heated plates.