

Omelettes

Another quick and easy recipe.

For this recipe you will need;

A non stick medium sized frying pan, which has a bottom about 8 inches (20cms) across

A broad spatula. (*Wooden as we are using non-stick cookware*)

A bowl or mixing dish

A fork

2 large eggs or 3 small eggs

50 gram (2 ounces) of cheese (*Cheddar, or Red Leicester are good for this*)

Olive Oil, salt, pepper, and if you like them some dried mixed, Italian or Mediterranean herbs

First grate the cheese, and put it to one side.

Then take your bowl and crack your eggs into it.

Add a little salt and pepper to taste and if you are going to use them add your dried herbs, Use about half to three-quarters of a teaspoon.

Take the fork and beat the eggs until the whites and yolks have mixed together. Professional Chefs will always tell you one of the secrets to a great omelette is not to over beat the mixture or you will end up with too much air in it and you will get a very fluffy omelette, so about half a minute should do the job nicely.

Next pour about a tablespoon of olive oil in to your pan and put it on a medium to high heat. Make sure the oil covers all the bottom of the pan.

When the oil has heated up, pour in your egg mixture. Depending on the temperature of your pan, the egg mixture will start to solidify fairly quickly so give it a stir to make sure as much of the liquid as possible gets to the bottom of the pan.

After about a minute, the mix will have started to go solid, and you are about half way through.

Eggs cook very quickly like this, so keep an eye on them at all times.

Put your cheese onto one half of the mix and leave it. Use your spatula to gently lift the other side to check how it is doing.

After about a minute to 90 seconds, depending on how high your heat is, the cheese should start to melt and the mixture should be almost cooked and fairly solid.

At this point fold the omelette over by lifting the half with no cheese and gently laying it on to the half with the cheese.

Leave it for about 20-30 seconds and then turn the whole thing over in the pan. Leave for another 20-30 seconds.

The outside should have a lovely light brown colour and all the omelette should be solid.

Slide it out of the pan and on to a plate.

Obviously, cheese isn't an essential requirement of an omelette. You can have it without any filling as a plain omelette, or you could use cooked mushrooms, herbs on their own, ham, anything you fancy. Remember the filling only cooks for a minute or two, so some fillings may need cooking first, like bacon.

Another good variation is to add onions and the big green or red peppers you see in the supermarkets, or use a small tin of spaghetti hoops and add that as you would cheese or any other filling.