Omelettes

Makes: Quantities able to be adjusted depending on number of serves.

Notes for volunteers:

• Using cold water instead of milk makes the omelette lighter and fluffier.
• Focus skill: Methods for cooking eggs, cracking eggs.

Ingredients

2 eggs per person
¼ cup cold water per person
Choice of toppings
e.g. cheese, bacon, steamed silver beet, fried onion, capsicum, mushroom, corn, fresh herbs, spring onion etc.
Seasonings of your choice e.g. salt, pepper, sumac, paprika etc.
Olive oil
Butter

Method

1. Crack the eggs into a bowl (We cracked them individually into a small bowl first to check they were fresh and had no bits of eggshell in them).
2. Add the cold water (This helps to make the omelette fluffy).
3. Whisk the eggs and water well.
4. Heat the oil and melt the butter in a hot frying pan until frothy.
5. Pour in the egg mixture.
6. Use a flat edged wooden spoon (or a similar tool) to gently pull the egg mixture from the outside of the pan into the centre. Move around the pan. The runny egg mixture will run in to take its place. This helps the eggs to cook evenly.
7. When it is almost cooked, sprinkle the omelette with your choice of toppings and seasonings.
8. Use a lifter to serve the omelette.

Serving suggestion: Great for breakfast, brunch, lunch or dinner. Try serving it with a salad and crusty bread.

Recipe Reference: Nikki Bird Barooga Public School