

Taste is in our nature



Spring onion omelettes

Serves 3

Half a teaspoon finely chopped chilli can be added to the egg mixture.

Serve the omelette with crispy grilled bacon or sausages.

Makes 3 omelettes.

INGREDIENTS:

- 6 large free-range eggs
- ½ teaspoon salt
- freshly ground pepper
- 1 tablespoon finely grated parmesan cheese
- pinch dry mustard
- 1 cup sliced spring onions
- 1 tablespoon water or milk
- 1 tablespoon butter

DIRECTIONS:

Break the eggs into a mixing bowl and lightly whisk in the water or milk using a fork.

Just break the eggs up and be careful not to beat the eggs until they are frothy.

Add the mustard, salt and pepper.

Stir in the parmesan and the sliced spring onions.

Over a moderate heat, melt a teaspoon of butter in a small non-stick omelette pan, approximately 15cm in diameter.

When the butter starts to foam but not colour, pour in a third of the mixture and swirl the egg mixture around the pan.

Allow the egg mixture to set a little and then gently lift the set edge with a spatula and allow the wet egg mixture to run to the edge of the pan.

When the mixture is set but still a little moist on top, check that the omelette is loose on the bottom and then tilt the pan until the omelette folds over itself and then slip it onto a warm serving plate.

Repeat this procedure twice more with the remaining mixture.

*Tassie Spring
onions are even
springier.*