

# Mrs Greenkeeper's Own Corner

with Ann Mawson

For a light mid-day meal, how about an omelette? If possible a special pan for this purpose and wipe out with paper after use to preserve an oily surface. For a 3 to 4-egg omelette you will need a pan about 9 in. in diameter, and for 6 eggs or more the pan should be 10 in. in diameter. Eggs for omelettes should not be beaten too much, 30 seconds beating with a fork is sufficient. Avoid making the eggs too frothy by beating too long with an egg beater. Do not let the butter in the pan brown or the omelette may stick. Never mix milk with the eggs as it will make them tough. A little water (3 teaspoons to 6 eggs) will do no harm and will make it tender.

## Basic Omelette

6 eggs, 1 oz. butter, 3 teaspoons of cold water, salt, pepper

Beat the eggs and water for 30 seconds, add salt and pepper. Melt the butter in the pan and pour in the eggs, when it is sizzling hot but not brown. Stir once or twice with a fork lifting the edges so that the uncooked part can run underneath. When cooked but still soft on top, turn the left side to the centre, slide the omelette to the right and turn out in three folds on to a warm plate. If you are making a smaller omelette one fold will be sufficient.

## Cheese Omelette

6 eggs, 2 oz. grated cheese, 1 oz. butter, salt, pepper

Follow the instructions for the basic omelette, adding the cheese when you have poured the eggs into the pan. Fold the omelette over the cheese and serve.

## Herb Omelette

6 eggs, 1 oz. butter, 1 teaspoon of mixed herbs, salt, pepper

Make the omelette as for basic, beating in the mixed herbs (dried or fresh according to the time of year) when you beat the eggs.

## Ham Omelette

4 eggs, 2 oz. lean ham, 1½ oz. butter, salt, pepper

Mince the ham, break the eggs over it and add the salt and pepper, beat well. Melt the butter in the pan and pour in the eggs and ham, stir until these begin to set then fold over and serve.

## Luncheon Omelette

5 eggs, 3 tomatoes, 4 oz. mushrooms, 3 rashers bacon (streaky), 1 shallot, 1 teaspoon chopped herbs, 3 oz. butter

Chop the tomatoes, bacon, mushrooms and shallot. Fry the shallot in 2 oz. butter until golden brown, then add the mushrooms and cook for a few more minutes. Add the tomatoes and bacon and fry a little longer. Make an omelette in the usual way with the other 1 oz. butter and when it is cooked put the fried mixture on the top, having stirred in the chopped herbs at the last minute. Fold the omelette over the filling and serve.

## Smoked Haddock Omelette

4 eggs, 1 oz. butter, salt, pepper, 1 oz. grated cheese, 1 smoked haddock.

Chop the cooked haddock and beat the eggs into it, adding the salt and pepper. Heat the butter in the frying pan and cook the omelette, keeping the top runny. Do not fold but turn on to a flat plate. Scatter with grated cheese and brown under the grill for one minute.

Until June

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