




# OMELET

## Thousand Island Dressing

There is no need to limit this dressing to salads—it goes particularly well with seafood

 makes about 1½ cups  
prep 15 mins

- ¾ cup mayonnaise
- ½ cup finely chopped red bell pepper
- 1 shallot, finely chopped
- 3 tbsp finely chopped sweet pickles
- 2 tbsp ketchup
- 1 tbsp finely chopped parsley
- 1 tsp Worcestershire sauce
- few drops of hot red pepper sauce

● **Prepare ahead** The dressing can be made 2 days in advance, covered and refrigerated.

**1 Combine the** mayonnaise, bell pepper, shallot, pickles, ketchup, parsley, and Worcestershire sauce in a bowl, and mix well. Season with the hot pepper sauce.

**2 Cover and refrigerate** until serving.

● **Good with** shrimp cocktails or salads containing shrimp, crabmeat, or avocado.



### Folded Omelet

**1 To make a 3-egg** omelet, melt 1–2 tbsp butter in an 8in (20cm) nonstick frying pan over high heat until foaming but not browning. Pour in the beaten eggs and shake the pan to distribute evenly. Stir with a fork, keeping the rounded side of the fork flat. Stop stirring after 20–30 seconds, or when the eggs are set but still soft.

**2 Using the fork,** fold the side of the omelet nearest you halfway over itself, like you are folding a letter. Grasp the handle of the pan from underneath, and lift the pan to a 45 degree angle. Sharply tap the top of the handle closest to the pan, to encourage the omelet to curl over the folded portion. Use the fork to fully “close the letter.”

**3 Bring a warmed** serving plate to the omelet, then tilt the pan so the omelet falls on to the plate. Serve immediately.

### Flat Omelet

**1 Cook the filling ingredients** in an 8–10in (20–25cm) frying pan with a flameproof handle until they are all tender. Pour over the seasoned beaten eggs and stir to combine all the ingredients. Leave the omelet to cook, undisturbed, or until most of the egg is set and the base is golden brown. Meanwhile, preheat the broiler.

**2 Test that the omelet** is set underneath by lifting the edge with a palette knife. Put the omelet under the broiler for 2–3 minutes, or until the top is set.

**3 Remove the pan** from the heat and sprinkle cheese or any other ingredients over the top. Place under the broiler until the cheese is melted and lightly browned and any other ingredients are cooked as required. If serving hot, transfer to a warmed serving plate, otherwise set aside and leave to cool completely to serve cold.

### Soufflé Omelet

**1 Separate 2 eggs.** Beat the yolks with 1 tsp sugar, 1 tbsp water, and ½ tsp vanilla extract. Beat the whites until stiff peaks form, then fold into the yolks. Preheat the oven to its highest setting. Melt 1–2 tbsp clarified butter in a 7–8in (18–20cm) nonstick frying pan over a high heat until foaming.

**2 Reduce the heat** to medium, add the egg mixture, spread out, and cook for 30–45 seconds, or until the eggs are set underneath. Place under the broiler and cook for 1 minute, or until the top is set. Quickly spread any filling, such as Cherry and Almond (p142), over half the omelet, then use a palette knife to fold the other half over.

**3 Slide the omelet** on to a warmed serving plate and dust with confectioner’s sugar. The omelet is now ready to serve, or you can decorate the top by using a red-hot skewer to scorch the sugar. Serve at once.

# COOKING TECHNIQUES

## Simple Omelet Flavorings

Be inventive. Almost anything you have in the kitchen will add extra flavor and variety to folded and flat omelets. Add any of these ingredients to the beaten eggs, with seasoning to taste, just before starting to cook.

**Cheese** Grated mature Cheddar, Parmesan, Gruyère, and Emmental, or crumbled feta, make flat omelets more filling.

**Spices** Stir in a pinch of cayenne pepper, paprika, mustard powder, or mild curry powder for heat, or turmeric for a rich golden color.

**Bottled Sauces** Add a splash of soy, Worcestershire, or chile-hot Tabasco sauce.

**Vegetables** For flat omelets, add several crushed garlic cloves lightly sautéed with a finely chopped onion;

several finely chopped scallions; 1 tbsp seeded and chopped green chile; 1 thinly sliced skinned red pepper bottled in olive oil.

**Herbs** For a garden-fresh taste, add 1 tbsp chopped chervil, chives, parsley, or tarragon—or a mixture of two or more herbs. When fresh herbs are not available, stir in 1 tsp dried mixed herbs.



Beat the eggs with salt and pepper and other flavorings, before cooking.

