

Omelette

Season: All

Makes: 30 tastes or 6 serves at home

Fresh from the garden: eggs, thyme

This recipe offers a great introduction to whisking, and children can see how the cooking process turns a liquid mass into a fluffy solid mass.

EQUIPMENT

metric measuring spoons
large bowl
whisk
large non-stick frying pan
spatula
serving plate

INGREDIENTS

6 eggs
2 tbsp cold water
salt and pepper to taste
1 tbsp vegetable oil
½ tsp butter
8 small sprigs thyme, leaves picked

WHAT TO DO

- Prepare all the ingredients based on the instructions in the ingredients list.
- Crack the eggs into the large bowl.
- Add the water, salt and pepper to the eggs, and whisk until the mixture is well-combined, light and fluffy.
- Heat the non-stick frying pan on a high heat and add the oil and the butter to the pan.
- Move the pan in a circular motion until the sizzling butter coats the surface of the pan evenly.
- Pour the egg mix carefully into the pan. You will hear the eggs sizzle as they hit the pan. Wait until a skin forms around the edges of the omelette and the base is firm (slide a spatula under the omelette to test).
- Fold the omelette in half using a spatula and cook lightly for a few minutes longer.
- Slide the cooked omelette gently onto a plate and garnish with the thyme leaves.

