



RHET

The Royal Highland Education Trust

Patron HRH The Princess Royal

Whip Up An Omelette

ADULT SUPERVISION needed!

Most of the eggs we eat are hen's eggs, however ducks and geese also lay eggs. One of the simplest ways to enjoy eggs is in an omelette.

INGREDIENTS

3 beaten eggs, 1 tablespoon of oil, 1 tablespoon of butter, salt and pepper,

EQUIPMENT

Bowl, fork (or whisk), frying pan, jug, spatula/fish slice, plate

INSTRUCTIONS

1. Season the beaten eggs well, with salt and pepper.
2. Heat the oil and butter in a frying pan over a medium-low heat until the butter has melted and is foaming.
3. Pour the eggs into the pan, and tilt the pan from side to side so the egg spreads over the whole pan.
4. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.
5. Keep the egg mixture on the heat until set then turn the omelette out onto a plate.

Why not try adding grated cheese or fried onions to the top of the omelette before rolling up and eating