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| Food Studies 9 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_WVSS Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**French Omelette (for 4)**

Ingredients

4 eggs

50 ml water

1 slice of ham diced

15 ml cheese grated

1 green onion washed and thinly sliced

½ tomato washed and thinly sliced

dash of salt and pepper

10 ml margarine

**Method:**

1. Prepare filling: wash and dice ham, slice green onion, and slice tomato.
2. Beat 4 eggs together and stir in salt and pepper for taste.
3. Melt 5 – 10 ml margarine in frying pan heated to medium high temperature (7).
4. Pour in ¼ of egg mixture. (You are making 4 in total)
5. As eggs begin to set at the edge, use a plastic flipper to gently push cooked portion to the centre.
6. While pushing cooked portions to centre, tilt and rotate pan to allow uncooked egg to flow into empty spaces.
7. When egg is almost set on surface but still looks moist, cover ½ of omelette with fillings.
8. Slip the flipper under the unfilled side, fold over filling and slide onto serving plate.
9. Set table and eat together.