

Coen's First Omelette

My wee boy started making this omelette when he was 6. Now, he offers to make them for us when he doesn't like what's suggested for tea! He sometimes wears old thin winter gloves to keep any oil splashes off his hands.

Makes: 1 portion Time: 5 to 10 minutes, depending on fillings

INGREDIENTS

- 2 eggs (or 3 if they're very small)
- 2 tablespoons cold water
- a pinch of salt
- a pinch of pepper, if you like
- a drizzle of oil, or knob of spread or butter



Filling Ideas

- 20g grated cheese
- sliced peppers
- peas
- sliced mushrooms
- odds and ends from the fridge!

NOTES

This method makes a bubbly omelette with a crispy bottom. If you like yours pale and soft, use a low-medium heat for your pan.

If you're making more than one, you can either:

- make extra mixture, cook it altogether in the same pan and cut the cooked omelette;
- use two frying pans at the same time; or
- cook them one after the other in the same pan. You may need to add a little more fat each time, unless the pan still looks shiny.



5. When the pan is hot (you can just hold your hand about 6 inches above it for a couple of seconds before it feels too hot), pour in the egg mixture. It should sizzle (turn the heat up a little if it doesn't). Swirl the egg around to fill the pan.



7. Let it cook for another minute or two, until the egg is as cooked as you like, then flip the half with no topping over to make a semi-circle. If your pan was hot enough, the base will be brown and maybe even crispy at the edges.



6. Let it bubble for about two minutes. The time really depends on how thick your omelette is, but when you see about half of the mixture cooked through (no longer clear or runny), add your topping to one half of the circle.



8. Slide the omelette onto a plate and serve with buttered toast or, as Coen prefers, on its own.



1. Crack the eggs into a jug or bowl. Add the cold water and season with salt (and pepper, if you like).



2. Beat well with a fork until everything is combined. Coen says “until it all looks the same with no blobs of yellow or clear”.



3. Heat the fat in a frying pan over a medium to high heat until the fat runs easily. Coen's pan is about 20cm across the base.



4. If you're using mushrooms or any other fillings that need cooked, fry these in the pan for two or three minutes until they're starting to soften. Tip them out onto a plate for now.

Recipe info

Typical ingredients cost: about £0.50 for the eggs (free-range) and seasoning, plus any fillings you want to add

Typical fuel cost: £0.01 gas / £0.02 electric

This recipe was written by Caroline, our Food & Health Development Officer at The Roundhouse. She believes in getting kids into the kitchen when they're very young - and interested in everything!

This collection of recipes has been created by staff and volunteers at The Roundhouse Community Kitchen in Dundee. We turn unwanted food into tasty meals that support people when they need it. We want to encourage a love of great, home-cooked food, to nourish bodies, save pennies and share skills.



We'd love to see what you've been whipping up in your kitchen. Share photos, tips and questions with us on facebook or Instagram.

We are @roundhousekitchen

Enjoy your kitchen!