

Vegetable Omelette



You will be making an omelette to demonstrate the different cutting methods (bridge hold and claw grip) and to show you have an understanding of how to use the hob correctly. You will need to bring in the main ingredients stated below along with a cheese, 2 or 3 vegetables and any additional flavours of your choice.

Please bring a container to carry your vegetable omelette home in.

Ingredients:

Main Ingredients	Cheese: 30g	Vegetables: 2 or 3	Additional Flavours
2 Eggs 10g Butter Pinch of Salt Pinch of Pepper <div style="display: inline-block; vertical-align: middle; margin-left: 10px;"> School to provide </div>	Cheddar Red Leicester Edam	Mushrooms Peppers Onions Spring Onions Tomatoes Courgette	1 Slice of Ham 1 Slice of Cooked Bacon 2 Basil Leaves 1 Teaspoon Herbs ½ Small Potato Any of Your Choice

Equipment:

Weighing Scales, Knife, Chopping Board, Fork, Small Bowl, Plate, Measuring Jug, Grater, Fish Slice, Frying Pan.

Method:

1. Crack the first egg into a small bowl making sure the egg is free from any shell. Transfer this egg into a measuring jug.
2. Crack the second egg into the same small bowl, again making sure the egg is free from any shell. Transfer this egg also into the measuring jug.
3. Gently beat the eggs together in the measuring jug using a fork. Season with a pinch of salt and pepper.
4. Prepare your vegetables using the bridge hold or claw grip cutting methods.
5. Grate your cheese onto a plate.
6. Prepare any additional ingredients.
7. Gently heat the butter in a small frying pan, do not leave this unattended!
8. Add the vegetables and fry on a gently heat for 3 to 4 minutes, until golden. Make sure the vegetables are evenly spread out in the frying pan.
9. Pour the beaten eggs into the frying pan and cook for a few seconds, until the bottom of the omelette is lightly set.
10. Push the set parts of the omelette into the uncooked centre of the omelette using a fish slice. Cook further, until the omelette has set further, then push those set parts into the centre of the omelette again.
11. Repeat the process until the eggs have just set but the omelette is still soft in the centre.
12. Place the cheese into the centre of the omelette and cook until the cheese has melted.
13. Increase the heat to high and cook the omelette for a further 30 seconds, or until it browns on the bottom.
14. Fold the omelette in half, then remove the frying pan from the heat and tilt it slightly to move the omelette to the edge of the pan. Slide the omelette onto a plate.

