

Grandpa's eggs'n'onions

(Take whatever precautions you would usually take when you use eggs for an omelette or to scramble.)

Per person:

1 medium sized onion (the stronger, the better for me!)

1 medium fresh egg

1 tablespoon (approx) vegetable oil of your choice (I like the stronger flavour of olive oil but use corn oil or similar if you prefer)

Seasoning to your taste (I use just freshly ground black pepper)

Method:

Peel and dice the onion into roughly 1 cm cubes – these will begin to break up into separate layers but that's what you want in the cooking.

Beat the egg, season it and reserve for later.

Heat the oil in a frying pan on a medium heat. Add chopped onion and immediately turn heat low. Stir well to coat onion in oil. Now sweat the onion – stir occasionally. The idea is to cook it slowly until the pieces are soft and translucent but not brown – might be 10 or 15 minutes depending on the type of onion you use. Taste a piece – if you like it, it is right for you! It develops a lovely sweetish flavour.

Once you are happy that the onion is cooked to your taste, the egg is added. I cook on electricity so at this point I turn off the cooker – on gas you might need to keep it at its lowest setting. Pour the beaten egg over the onion and immediately stir continuously to coat the onion with the egg – it will cook with the residual heat of an electric hob – about one minute. Add more seasoning if necessary. Serve as you will.