

## HERB OMELETTE

Snip up the herbs first. Fairly fine. If you have no chives you can use a green sprouted onion or a spring onion.

a sprig of parsley

a little twig of thyme/ a sage leaf / a shred of rosemary [whichever you have fresh]

a few strands of chives [garlic chives = gourmet status]

Salt & Pepper

Wooden spatula

Small non-stick frying pan or well-used crepe pan.

One whole egg plus one egg white [save the yolk and make some real mayonnaise later]

beat these together using a knife or fork; froth is unwanted; just beat enough to turn it all one colour.

Gently melt a small teasp. butter in pan, ensure it coats sides too. Sharply increase the heat, & pour in beaten eggs. If you have got it right they make a hissing sound. As they cook keep tilting the pan, making egg run thinly across its whole surface, and keep drawing the cooked part away from the sides with your wooden spatula, so more liquid reaches the heat.

Remove from the flame before this process is quite complete. A delicate crumpling effect and runny middle is Chef's preference. Use the spatula to check omelette has not stuck to the pan anywhere.

Sprinkle the herbs on half its surface & season with salt and pepper.

Dish the omelette flipping the plain half over the herby one as you go.

Thanks to the old, great, falling-apart hardback copy of Constance Spry's cookery book, for her lowdown on omelette making. Recommended.