

Omelette making with dried eggs simplified / Stork Margarine Cookery Service.

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During the "pushing" of half the mixture over to the other side of the pan, the edge of the omelette on the side opposite to the handle, which you will remember we have said must be kept a good shape and unbroken, will gradually go further up the side of the pan. That was why we told you, at the beginning, to be sure to run the hot fat well up that side of the pan.

The omelette is now cooked, and has to be folded. The handle of the pan is still pressed down, and with your right hand run the knife under the edge of the omelette on the opposite side of the pan (Illustration No. 5), and gently flick it down and over. Let the folded omelette stay in the pan while you count one-two-three, which enables the two edges to set together; then, with a fish slice, tilt up the handle of the pan, and let the omelette slide on to a hot plate. (Illustration No. 6.)



5. Folding over cooked omelette. 6. Folding of omelette completed.

SAVOURY OMELETTES

Omelettes can be made with various additional flavourings or fillings. These additions can be added to the original liquid beaten egg mixture, or placed inside the omelette after it is cooked and before folding it. Whichever method you use, it is governed by the following:

- (a) Add the flavouring to the liquid mix if it is very light and does not require much cooking, and will not make the mixture heavy. Additions of parsley, herbs, and finely grated cheese come in this group (see following recipes).
- (b) Other more solid fillings, like pieces of chopped liver, meat, mushrooms, tomatoes, etc., should be cooked separately, and poured on to the cooked omelette immediately before folding. Any previously cooked filling of this type can be used, such as scraps of cold meat, but the meat or liver, etc., must be chopped finely and thoroughly heated or cooked beforehand. This can be done in a little gravy or sauce, adding pepper and salt to taste, and then the heated or cooked filling strained off and added to the omelette. Only pour on about a teaspoonful of the liquid in which the filling has been cooked, as the omelette would be too wet if too much liquid was added with the filling.

CHOPPED PARSLEY OR HERBS

Chopped parsley or dried or fresh chopped herbs should be added to the liquid mix before cooking. Allow one teaspoonful of chopped or dried herbs to 4 dried eggs.

CHEESE OMELETTE

The cheese must be grated very finely. It can then also be added to the liquid mix before cooking. Allow one dessertspoonful to 4 dried eggs. Also, when the omelette is cooked, before folding it over sprinkle an additional teaspoonful over the omelette.



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STORK MARGARINE

COOKERY SERVICE

OMELETTE MAKING WITH DRIED EGGS SIMPLIFIED

Do you know how to make an omelette, or do you know the best way of making omelettes with dried egg?

An omelette made with dried egg takes the place of a meat dish, because eggs—and dried eggs too—contain the food value called protein, which is also obtained from meat. That is why it is so important that we should all make full use of the dried egg rations.

There is another reason too. Busy women find that with war-time rationing, it is difficult to vary the kind of meals which can be prepared quickly. When you come home tired from work or shopping, try serving omelettes for a change—they can be done in a few minutes. We are giving in this leaflet full, illustrated instructions, and recipes for plain and savoury omelettes.

PREPARING DRIED EGGS

First of all, here is our method for reconstituting dried eggs with water, and if you do it this way you will find it quicker, and there will not be any lumps in your mix.

Measure out one level tablespoonful dried egg and put it in a basin—not too small a basin, but give room for beating. Then for each tablespoonful dried egg measure out 2 tablespoonful cold water, and put the water into a cup or small jug.



Removing lumps.

You now have the correct quantity of dried egg in a basin, and the correct amount of water in a jug. First, remove any lumps from the dried egg, by gently rubbing it through the tips of the fingers. This is a better way than by using a spoon, as the egg is inclined to cling to the spoon.



Adding water to the dried egg.

Then, use a fork (not a spoon) for the actual mixing. Add a little of the water to the dried egg, letting it drip out of the jug and not pour out quickly, and at the same time beat it in with the fork. Then add a little more water, until there is no more dry egg left, stirring with the fork all the time. This will take approximately half the water. Before adding the rest of the water, beat well with the fork.

Now gradually add the remaining water, and give a final good beating.

OMELETTES

We are now explaining fully two ways of making omelettes, because most writers assume people know what to do, saying "cook in hot fat until the egg sets," etc. The procedure is simple, but it is also easy to get something which is more like a pancake than an omelette.

Seven important rules must be remembered:

- (1) Omelettes are only cooked in a frying pan on one side—they are not browned on both sides like pancakes.
- (2) If possible these days, use a good frying pan which does not burn easily.
- (3) Have everything ready before you put the mixture in the pan, including any chopped filling if you are making a savoury omelette.

The cooking utensils you will need are:

- (a) A round pointed knife, which bends easily.
- (b) A fish slice for removing omelette from pan.
- (c) A hot plate for serving.
- (d) A fork for method No. 1.

- (4) Cook them quickly on a medium heat—not too hot and not too slow.
- (5) Only use enough fat to prevent the omelette from burning. No fat should be left in the pan when the omelette is cooked. If you do use too much, your omelettes will be greasy.
- (6) Have the fat really hot before pouring the mixture into a pan.
- (7) For your fat use margarine if possible. Do not use dripping.

INGREDIENTS FOR PLAIN OMELETTES:

To make an omelette sufficient for 2 persons, you require:
4 level tablespoonful dried egg
8 tablespoonful cold water
pepper and salt

Mix the dried egg and water as instructed, adding pepper and salt to taste. Give the mixture a final beating immediately before cooking.

OMELETTE MAKING—METHOD No. 1

This is the usual pre-war method:



1. Pour mixture into pan.

Use a medium heat for frying—not too hot and not too slow. Melt a knob of margarine in a frying pan, and when it is really hot, pour in the mixture so that it covers the whole of the bottom of a pan. (Illustration No. 1.)



2. Loosening the edges by tilting the pan and letting any liquid from the centre flow underneath and set.

Stir with a fork until the mixture begins to set. Then, when the edge is set, run the end of a knife all around the pan, loosening the edge. You will find the mixture in the centre of the pan remains liquid longer than around the edges. Tilt the pan, let the liquid run under the edge you have loosened with a knife, so that it flows underneath and sets. (Illustration No. 2.)



3. Fold the omelette over by sliding the knife around half the edge from left to right, and fold it over the half which remains in the pan.

The omelette should be ready in 2-3 minutes. The underneath should be lightly browned by then, and the top soft, but set and NOT runny. Then fold over one half (see Illustration No. 3). Run the knife around half the omelette, and make sure the bottom is also loose, and quickly fold it over the other half.



4. Serve the omelette by tilting the pan, and with the help of a fish slice let it slide on to a hot plate.

To serve, loosen the folded omelette from the pan with a fish slice, tilt the pan and gently slide the omelette on to a hot plate. (Illustration No. 4.)

OMELETTE MAKING—METHOD No. 2

This is a way of making omelettes based on one which the writer saw demonstrated by Mr. Erik Mortensen, manager of the Danish Club. It is a much better way to use with dried eggs, as there is no fear of getting that pancake-like result which can happen with the standard pre-war method through over-cooking while all the liquid sets. Do try it, and remember the old saying: "Practice makes perfect."



1. The illustration shows the sides of the pan to be covered with the hot margarine.



2. Running a knife around the edge of the mixture. Pan kept flat.



3. Pan handle raised and mixture all pushed to one half of the pan.



4. Handle of pan pressed down, and liquid mixture pushed back to opposite side.

Have your mixture ready. Melt a knob of margarine in a pan and let it get really hot. Now tilt the pan so that the hot margarine runs around the sides of the pan, and particularly the side opposite the handle. This greases the whole surface of the pan which is going to be covered with the mixture. (Illustration No. 1.)

Now put the pan down flat over the heat and pour in the mixture, which should cover the bottom of the pan. Hold the handle of the pan with the left hand and have a round pointed knife ready in the right. Let the mixture cook for about 1/4 minute. Then run the point of the knife all around the edge to loosen the omelette from the pan, particularly the edge opposite the handle. The edge opposite the handle is important, and during the rest of the cooking keep it a good shape and unbroken. (Illustration No. 2.)

Now tilt the pan slightly by raising the handle about an inch, and quickly push the mixture in the half of the pan nearest to the handle, to the other half of the pan opposite the handle. (Illustration No. 3.) This is done by several quick strokes with the rounded point of the knife. Make your first stroke in the middle, then you will probably need about three more strokes each side of the middle to get all the mixture to the opposite half of the pan.

Now tilt the frying pan the other way; that is, press down the handle so the half of the pan which contains the omelette is raised about an inch from the heat. (Illustration No. 4.) Any of the mixture which is still liquid will now run towards the handle side of the pan. Keeping the handle still pressed down, push these trickles of mixture back to the rest of the omelette until no more liquid is left. If any liquid stays on top of the mixture without trickling out, just ease it down with the knife, and then push it back with the rest of the mixture which has already set.

It should only take 2-3 minutes to do all this, from the time the mixture is first poured into the pan.