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

## Contributors

Stork Margarine Cookery Service.

## **Publication/Creation**

London : Stork Margarine Cookery Service, 1944.

## **Persistent URL**

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Wellcome Collection 183 Euston Road London NW1 2BE UK T +44 (0)20 7611 8722 E library@wellcomecollection.org https://wellcomecollection.org 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 mixts be kept a good shape and unbroken, will gradually of further up the side of the pan. That was 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 (Illustra-tion No. 5), and genty filek it down and over. Let the folded omelette stages to set together: then, with a fish sile, till up the handle of the pan, and let the omelette sile on to a hot plate. (Illustration No. 6)



5. Polding over co

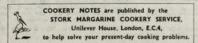
### SAVOURY OMELETTES

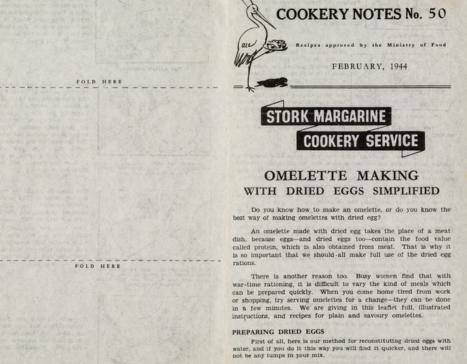
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#### CHOPPED PARSLEY OR HERBS

Chopped paraley or dried or fresh chopped herbs should be add to the liquid mix before cooking. Allow one tesspoonful of chopp 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 desertspoonful to 4 dried eggs. Also, when the omelette is cooked. before folding it over sprinkle an additional tesspoonful over the omelette.





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 tablespoonsful cold water, and put the water into a cup or small jug.



You now have the correct quantity of dired egg in a basin, and the correct amount of water in a jug. First, remove any lumps from the dired 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 moment

oving lumps.

Removing lumps. Then, use a fork (nof a spoon) for the actual mixing. Add a little of the water to the dired egg. letting if drip out of the jug and not pour out quickly, and at the same time bean 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 here are dired the dired egg. bean water to the dired egg.

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: Omelettes are only cooked in a frying pan on one side—they are not browned on both sides like pancakes.
 If possible these days, use a good frying pan which does not burn easily.

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 utenalis you will need are:

(a) A round pointed knife, which bends easily.
(b) A fab allee 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.
(b) Only use enough fat to neven the sensative form. (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:

omelette sufficient for 2 persons, y 4 level tablespoonsful dried egg 8 tablespoonsful cold water pepper and salt To make an

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:





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



Poid 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.



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

Use a medium heat for frying --not too hot and not too slow. Meit 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. (Illustra-tion No.1): tion No. 1.)

Stir with a fork until the mix-ture 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.)

The omelette should be ready in 2-3 minutes. The under-neath should be lightly browned by then, and the top soft, but set and NOT runny. soit, out 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.

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



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

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