

**You can make an omelette : it's easy / issued by the British Egg Information Service.**

**Contributors**

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You *can* make  
an  
*OMELETTE*



*it's easy!*

*Issued by the*  
BRITISH EGG INFORMATION SERVICE  
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If you want to make  
a perfect  
*FRENCH OMELETTE*  
*for one person*

\* YOUR FRYING PAN MUST BE . . .

thick, quite flat, clean, absolutely dry. Why not buy yourself a good omelette pan, 7 inches in diameter, and use it for nothing else?

\* YOUR INGREDIENTS ARE ONLY . . .

two large eggs. Some pepper and salt.  $\frac{1}{2}$  oz. of real butter for cooking the omelette.

\* YOUR METHOD IS SIMPLE . . .

Break the eggs into a basin. Add seasoning. Beat them with a metal fork till they are lightly mixed. An old dinner fork is ideal for this. Now put the pan on the heat with the butter in it. *Slowly get it very hot* but not so hot that the butter browns. Without drawing the pan off the heat, pour the egg mixture into the hot fat. It will cover the pan and start cooking at once.

So use your metal fork to keep drawing some of the mixture to the middle from the sides of the pan. In  $1\frac{1}{2}$  to 2 minutes your omelette will still be soft but no longer runny. Draw it off the heat.

\* FOLD AND DISH IT . . .

using your fork, fold the omelette away from you, *but only half over*. Now grasp the pan by the handle, tilt it forward over a hot plate. The omelette will slip forward on to the plate, neatly folded.



*Omelettes for one, two, three or more people.*

The very nicest omelettes are made one at a time and eaten at once. But omelettes for a family of, say, four can be made as one, and divided into four. The method is identical, but you will need eight eggs and a 10-inch pan.

✱ FILLING YOUR OMELETTE

You can eat your omelette plain. Or you can make a filling, piquant, sweet—just as you please. There are two ways of doing this. You can add flavourings, such as herbs and cheese, to the mixed eggs, or you can put a mixture in after the omelette has been cooked.

✱ HERE ARE SOME SUGGESTIONS:

*(and they are all for a two-egg omelette)*

CHEESE

Grate two ounces of hard cheese finely. Add most of it to the mixed eggs, saving a little for topping.

FINES HERBES

Finely chop a tablespoonful of parsley and a few chives, and add it to the mixed eggs before cooking.

ONION

Sauté a large onion in a little butter. Do not get it too greasy. When cool, add to the egg mixture, saving a few choice, hot morsels for decorating the omelette.

KIDNEY

Peel, core and cut two lamb's kidneys into smallish pieces, and sauté them in a little butter with a small chopped onion or shallot. Pile this mixture into the omelette after it has been cooked.

MUSHROOM

Wash and chop two ounces of mushrooms, and sauté them in a little butter until tender. Then put them into the centre of the cooked omelette.

SHELLFISH

Shrimps, prawns, crayfish, lobster or crab, fresh or tinned, make a delicious omelette. Chop if

necessary and warm slowly through in a little white sauce so that they are hot when the omelette is cooked. Then pile the mixture into the centre of the omelette.

#### SPANISH

This is the way to use up scraps of ham or an odd rasher of bacon. Make a mixture of chopped ham, tomato, sweet pepper, a few raisins, a mushroom or two, sautéed together in a little butter or oil. Pile the hot mixture into the cooked omelette.

#### SWEET

Always use your best home made jam for this. Thin it down with a little water, and heat it up. When the eggs are mixed, add a teaspoonful of sugar. Add the jam to the centre of the cooked omelette.

### THESE ARE 'MUSTS'

Don't make your omelette wait for its filling. See that the filling is ready when the omelette is cooked so that you can serve it at once.

Have a hot dish and hot plates ready. Nothing is nastier than an omelette which has cooled on the plate.

Don't overcook the omelette. The centre should be just a little runny when the filling is put in, because the heat of the filling will finish cooking the omelette.

#### EVEN EASIER TO SOME PEOPLE IS THE SOUFFLE OMELETTE

Separate your eggs and whites. Add *half an egg-shell of water* to each yolk. Beat yolks, with a wooden spoon, until creamy. Whisk the whites until they stay in the basin when you turn it upside-down. Fold the egg whites, gently, into the yolks. Have butter ready in your hot pan, as for French Omelette. Pour in egg mixture. Cook until it is golden brown on the underside. Then put frying pan under your grill and lightly brown your omelette tops. Fillings are usually spread over cooked omelette. Now run a spatula round the edge of the pan. Fold your omelette over. Slip it on the hot dish.

★ TO WASH OR NOT TO WASH THE PAN?

Many good cooks clean the omelette pan with kitchen paper and a little salt. Others wipe it out with a damp cloth. The thing to avoid is scouring your pan so that it loses its smooth surface.

People who make omelettes regularly keep a pan exclusively for omelettes and pancakes.

*An omelette pan, as we have said, should be flat, dry and clean. There must be no roughness on the inside surface.*

*Other information  
leaflets  
in this series*



'BUT CAN YOU BOIL AN EGG?'



'EGG PACKING'



'SOUFFLES  
SO EASY WHEN YOU KNOW HOW'



'THE VIRTUES OF AN EGG'



'HOW TO BUY AN EGG  
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THERE ARE MANY OTHER WAYS  
OF FILLING AND SERVING OMELETTES.  
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IN THIS SPACE:

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