

Card 23 - Omelette



You will need:

A knob of butter

2 large eggs

A whisk and a spatula

A mixing bowl

A frying pan

1. Whisk the eggs in the mixing bowl until there are no bits of white.
2. Heat the butter in the frying pan until it starts to sizzle and foam. Don't let it go brown.
3. Add the eggs into the pan in one go, and swirl them around so that they cover the whole of the pan.
4. As soon as the mixture starts to set, use the spatula to pull the sides of the omelette into the centre of the pan. As you do this, shake the pan so any liquid egg fills the gaps.
5. Fold the omelette in half and lift onto a plate with the spatula.

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Questions

1. What ingredients do you need to make an omelette?
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2. Why should you 'shake the pan' in step 4?
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3. How do you know when to add the eggs?
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4. What would happen if you used two small eggs instead of large ones?
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5. Why should you use the spatula to lift the omelette?
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6. Sometimes, it's nice to add cheese. When do you think you would do this? Why?
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7. With an adult to help you, make your own omelette at home. You'll need to write your own instructions.
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