

## Omelette Making

### Ingredients

This makes one adult portion or two children's portions.

- 2 large free-range eggs

### Equipment

- Mixing bowl
- Fork
- Non-stick frying pan
- Spatula
- Heat source – hob.

### How to make it (View video for additional support)

#### **Warning!**

- Always use the hot hob and equipment safely and sensibly under the instructions of an adult.
- Wash your hands after handling raw egg and wash surfaces and equipment after use.

1. Wash your hands before cooking.
2. Break the eggs in to a bowl using the fork method.
3. Using a fork or whisk, whisk the eggs in the bowl. Move around the edge of bowl until the eggs are all one colour - yellow. The more you do this the more bubbles will form and the fluffier the omelette.

### Please ask a responsible adult to help you with this next part.

4. Turn on the gas or electric rings and place your **Non-Stick** frying pan on to the ring. Wait for about 1 minute for the pan to heat up.
5. Pour the egg mixture into the frying pan and using the handle gently move the pan from side to side to move the egg mixture about until it has covered the bottom of the pan.

When the edges of the omelette start to come away from the edge of the pan it is starting to cook. When the middle of the egg mixture is looking firm and not runny it is ready to turn over.



6. Using a spatula (or fish slice) carefully turn the omelette over and cook the other side for no more than a minute.

7. Use the spatula (or fish slice) to lift out the omelette onto a plate.

#### **Enjoy!**

- What other ingredients could you add to the omelette to improve the texture and flavour?

