

Breakfast Bonanza

Omelettes



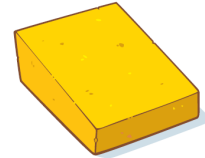
Mushroom and Cheese Omelette

Ingredients:

2 eggs
3 small mushrooms
25g cheese
25 grams butter
Black pepper

Equipment:

Whisk
Bowl
Chopping board
Knife
Pan



Method:

- 1 Preheat grill to a medium heat, approximately 180°C.
- 2 Beat the eggs and season with black pepper.
- 3 Finely chop mushrooms.
- 4 Heat half of the butter in a pan and cook the chopped mushrooms until soft.
- 5 Add the chopped mushrooms to the beaten egg and combine.
- 6 Add the remaining butter to the pan and heat.
- 7 Add the egg and mushroom mixture.
- 8 Grate the cheese and sprinkle over the egg mixture.
- 9 Cook for 3 - 4 minutes until it becomes solid.
- 10 Put under the grill for a further 3 minutes or until golden brown.

Spanish Omelette

Ingredients:

3 eggs, beaten
2 medium sized potatoes
1 onion
1 small green pepper
3 tablespoons olive oil

Equipment:

Chopping board
Knife
Mixing bowl
Whisk
Frying pan



Method:

- 1 Peel and finely slice potatoes, finely chop onion.
- 2 Heat 2 ½ tbsp oil in a pan and fry the potatoes until soft.
- 3 Add the green pepper and the onion and cook until soft.
- 4 Drain the potatoes, onion and peppers in a colander to remove excess oil.
- 5 Beat the eggs in a bowl and add the potatoes, onion and peppers and mix well
- 6 Heat ½ tbsp oil in a frying pan and add the egg mix
- 7 Once the bottom of the omelette has set, put under a preheated grill (gas mark 5 / 190°C) for about 4 minutes or until golden brown.