

The two-egg omelette

Just so you know, the two-egg omelette is different from the three-egg omelette because it has one egg fewer. It is also different from the one-egg omelette because it has one more egg. Now, will you believe me when I say this is simple food: simple ingredients, simple to cook, and simple to eat. An omelette, with a couple of additions on the side, can look like a million dollars.

Ingredients

Two eggs (see above)

Leftover veg

Salt and pepper

Butter

Sweet chilli sauce

Chopped red onion

Glass jug to mix the eggs

A whisk or fork to do the mixing

Method

Beat the eggs with the whisk or fork. Add a little water (or milk if you prefer). No need to over beat, this is an omelette not scrambled eggs.

Melt a knob of butter in a fry pan. Let the butter bubble a bit. Watch it, though, as it can easily turn brown and burn (if this happens, tip the butter out, wipe the pan and start again).

Pour the egg mix into the pan, listen for the sizzle. The sizzle tells you the pan was hot enough. If there is no sizzle the omelette will become oily. Add pepper and salt (do not overdo it).

Move the omelette around and keep folding it as it cooks. I use a silicon spatula as this doesn't damage the non-stick pan surface. It is worthwhile making a rule only to use silicon or plastic on non-stick pans as any metal utensils will scratch the surface.



Add the omelette filling. For this one, I have added chopped red onion and grated cheese. I also added some leftover peas. Any leftover cooked veg (for example, pumpkin and potato) are suitable to add. Always chop the added veg into small pieces and, if you want to, give them a quick thrash in the microwave so that they are hot when you add them. One thing I add to lots of recipes is grated carrots. These can be added late in the cooking as they only require a quick warming.

Fold the omelette on to itself so it wraps around the filling. It doesn't matter if it looks a bit rumpity. In fact looking rumpity is good, well in my opinion anyway. Keep the heat on and brown off both sides of the omelette. This is a finishing touch and gives the outside of the omelette a bit of bite.

Now serve and eat. I have plated the omelette with some chopped tomatoes. You could also serve with bacon or maybe with some homemade crumbed sausage patties (next recipe) And eat. If you want to, drop a bit of sweet and sour chilli sauce on top.

Always remember that the cook does the dishes. Many people, when they start out cooking, say the cook should not have to do the dishes. Well that's a nonsense. If the cook is responsible for the dishes, there is a good incentive not to turn the kitchen into a bomb site. The others, whose role was to scoff the food, can and should offer to help in the clean-up, but the cook has to take the lead.

