



INSTRUCTIONS

THE OMELETTE CHALLENGE

MATERIALS NEEDED

A timer
3 eggs
A bowl
A fork
A spatula
Clarified butter or oil
A pan
Salt and pepper to taste

METHOD

- 1.) Start the timer!
- 2.) Heat a heavy non-stick frying pan over a high heat and add the oil or clarified butter. When the oil is smoking-hot, the pan is ready for the eggs.
- 3.) Crack the eggs into a bowl and beat with a fork until smooth.
- 4.) Season the eggs with salt and freshly ground black pepper.
- 5.) Pour eggs into the pan. Using a wooden fork or a spatula and working in a circular motion, move the eggs in the pan around, while at the same time moving the pan back and forth across the heat. Allow the eggs to start coagulating.
- 6.) Stop moving the pan. Allow the eggs to form a light skin, and then remove the pan from the heat.
- 7.) Using the side of a fork, fold the omelette in towards the middle on both sides to form a cigar shape.
- 8.) Tip the omelette onto a plate.
- 9.) Stop the timer! Serve immediately.