

TRUFFLED MUSHROOM OMELETTE

1. PICTURE RECIPES – Breakfast (Feb 2015)

Equipment and Tool needed:



Non- stick (Teflon) pan / Mixing bowl / Cutting board / Chef's knife / fork

Ingredients needed:



3 free range eggs / cream / parmesan cheese / Truffle oil / chopped flat parsley / sea salt flakes / black pepper mill / sliced button mushrooms (washed beforehand).

Preparation / Cooking:



Mix (squirrel) all ingredients (free range eggs, cream, parmesan cheese, truffle oil, chopped flat parsley, sea salt and black pepper mill) together with a fork.





Heat up non-stick pan, add butter cooking (unsalted)



Add sliced button mushrooms and sautéing for 1-2 minutes



Add egg mix quickly and turn down heat / flame



Shake / move pan back and forward quickly (omelette should have no colour) and form / shape to a half moon. Omelette should be still slightly liquid ("baveuse" – French Culinary term) inside.



Turn over quickly from pan on plate. Serve and eat immediately.

