

# LES OEUFS

## HOW TO COOK EGGS

### How to make a rolled omelette Réaliser une omelette roulée

#### Ingredients

- fresh eggs, three pieces per serving,
- salt, pepper,
- butter,
- oil (optional), the omelette can be only cooked in butter or in butter and oil

#### Utensils

- a frying-pan (skillet)

#### Safety instructions

- Wash hands before and after breaking the eggs or use disposable gloves.
- Use thoroughly clean equipment.
- Break the eggs in a container different from the one which will be used for mixing the eggs (a ramekin for instance), so as to check the freshness of each egg.
- Throw out any suspect eggs: unusual smell or colour.
- Break the eggs down flat and not on the side of the container where they'll be mixed together.
- Break the eggs as long as they're needed.

#### Video

To make a rolled omelette, you will need eggs, a container filled with cold water to wash them, oil and butter for cooking, seasoning:salt and white pepper, a ramekin (a small bowl), a container and a stainless fork, a frying pan for cooking here is an iron pan but you can use a non-stick pan, coarse salt, clarified butter and a brush and finally a serving dish if not a plate will do.

- Wash the eggs, you can brush them if they are very dirty,
- Crack the eggs one at a time,
- Season with salt and white pepper, then beat the eggs with a fork until getting a frothy mixture and a homogenized colour, the egg mixture can be strained into a sieve,
- Wipe the bottom of the pan with coarse salt,
- To succeed the process of making the omelette the pan must be well-heated,
- Pour a bit of oil, the omelette can only be cooked in butter, once you have poured the oil, add into it the knobs of butter,
- When the butter is melted and foamy, add the the egg mixture before butter coloring,
- Put the fork flat, with one hand stir the eggs and with the other tilt the pan,
- Bring the edges (of the omelette) into the centre,

- Once the cooking point is reached, either runny or well done,
- Leave on the heat for a few seconds without stirring, switch off the heat then tip down the pan and start rolling the omelette, at that point if the omelette is stuffed, put the ingredients inside;
- If it's simply a rolled omelette, slide it down, fold over the other edge,
- And place it on the serving dish or plate,
- Use a paper towel to give it a nice shape,
- Before serving, brush it with clarified butter.