

BBC Radio Wales Cookalong

Recipe Card

Simon Wright's French Omelette

Everyone has their tried and trusted way of making an omelette. I like the relatively delicate style of this one - others might prefer the more chunky half-moon version we more often see in Britain.

Serves 1

1 tablespoon butter

2 free range eggs

Salt and pepper

Any filling you fancy. I like finely chopped raw vegetables like red onion and peppers - gives the whole thing a satisfying crunch.

Whisk the eggs together, just until mixed and then season. For a two egg omelette use a 9-inch pan and heat the butter until foaming - it needs to be pretty hot but not browned. The bottom of the pan needs to be coated. Pour in the eggs at this point - they will sizzle. Give the pan a good shake to distribute the egg evenly.

When the egg begins to bubble use a spatula to draw the liquid into the centre continuing to shake the pan at the same time.

When the omelette is still slightly runny in the centre remove from the heat and add any filling. Then fold the two edges into the middle. Now shake the pan again rolling the omelette out onto a warm plate.