

Mushroom Omelette (Omelette aux Champignons)

Serves 2-3

5 eggs
salt, pepper
2 Tbl water
40g butter
8 large champignons, sliced
or 15-20 baby champignons
whole
35g butter

Break the eggs into the bowl, season with salt and pepper and add two tablespoons water. Set aside without stirring until ready to cook.

Heat 40g butter in a well-seasoned 26-28cm omelette pan and sauté the champignons for two minutes, or until they soften a little. Lightly salt and pepper them, remove to a plate.

Hold the edge of the pan opposite the handle over the heat for a few moments to ensure it is well heated before commencing, then set the pan upright on the hotplate. Heat 35g butter in the pan, and, as it sizzles, whisk the eggs with a fork and pour quickly into the pan.

Whisk the eggs with a fork as if you were making scrambled eggs. This ensures that the egg cooks through evenly and prevents the omelette toughening on the outside while the centre cooks through. Continue this whisking motion until the egg is 80 per cent cooked (about 20 seconds), then spread the omelette out to fill the base of the pan. Cook to a nice brown, ensuring the middle remains undercooked.

Place the mushrooms in the centre of the omelette to reheat.

Fold one third of the omelette over its stuffing.

Knock the handle of the pan until the omelette slips forward. In a well-seasoned pan, it will slip easily to the far side of the pan; if not, it can be helped with the back of the fork. When the omelette protrudes over the lip of the pan, flip this third of the omelette back over the mushroom stuffing.

Finish the cooking with the omelette nestling in the curve of the pan.

Unmould by flipping the omelette upside down onto the plate. It is these last two steps that give an omelette its characteristic shape. The stuffing can be shown as part of the presentation by cutting a 5cm slit and forking a little of the mushroom into view. Or decorate with fresh herbs.

Source: Diane Holuigue (1983) The French Kitchen: A comprehensive guide to French cooking for Australians, Methuen Australia, North Ryde, NSW.