

## PUFFY OMELETTE (serves 2)

Cookery Principle: Eggs, Sauce

### INGREDIENTS

4 eggs separated  
dash pepper  
2 ml salt  
50 ml water  
15 ml margarine

**Spanish Sauce:** 50 ml sliced  
onions  
 $\frac{1}{4}$  green pepper in strips  
15 ml margarine  
250 ml tomato sauce  
8 ml sugar  
3 ml Worcestershire sauce  
 $\frac{1}{2}$  clove garlic

### EQUIPMENT

cast iron frying pan  
paring knife  
electric mixer  
fry pan  
large bowl  
wooden spoon  
small bowl  
spoon measures  
liquid measure  
table knife  
fork  
plastic flipper

## Method:

1. Preheat oven to 325°F.
2. Add pepper to yolks and beat until thick and lemon coloured.
3. Add salt and water to whites and beat until stiff peak stage.
4. Fold yolks carefully into whites.
5. Heat butter in pan .
6. Pour in omelette mixture; level surface gently.
7. Cook slowly on top of stove until puffy and lightly browned on bottom (about 5 minutes).
8. Bake 12-15 minutes until knife inserted in center comes out clean.
9. To serve, score omelette down the center with a spatula, fold in half, and place on a warm platter. Pour **Spanish Sauce** over top.
10. **Spanish Sauce:** Cook onion and green pepper in margarine until tender but not browned. Stir in tomato sauce and seasonings. Cook over low heat for 10-15 minutes. Serve hot over puffy omelette.