

Omelette aux Fines Herbes

Silky and pale gold, the French way to honour a fresh egg

SERVES

2

PREP

8 min

COOK

10 min

LEVEL

Medium

PER SERVING

315 kcal, 19 g protein

Ingredients

6 large (about 300 g) eggs

2 tbsp (28 g), unsalted preferred butter

3 tbsp (9 g), fresh, finely chopped flat-leaf parsley

2 tbsp (6 g), fresh, finely sliced chives or green onion tops

1 tsp dried, or 1 tbsp fresh, finely chopped tarragon

1/4 tsp (1 g), freshly ground black pepper

to taste salt

Method

- 1 Warm two plates now: fill each with hot water for 1 minute, then pour it out and dry. Set aside.
- 2 Finely chop parsley and tarragon; finely slice chives. Combine all three herbs in a small bowl.
- 3 Split eggs into two bowls of 3. Beat each well with a fork, then season each with a pinch of salt, 1/8 tsp pepper, and half the herb mix.
- 4 Set a 20 cm non-stick pan over medium-high heat. Add 1 tbsp butter; swirl until melted, foamy, and foam just begins to settle. If it browns, reduce heat, wipe the pan, and start again with fresh butter.
- 5 Pour one egg bowl into the pan. Stir with a heatproof spatula in small quick circles while shaking the pan, until soft loose curds form and the base barely sets, 30 to 40 seconds.
- 6 Pull the pan off the burner. Let rest 10 seconds until the surface loses its liquid shine but the centre still trembles when you tilt the pan slightly.
- 7 Tilt the pan away from you at 45 degrees. Fold the near third to the centre with the spatula, then tip the pan so the omelette rolls seam-side down onto a warm plate.
- 8 Wipe the pan, return to medium-high heat, and repeat steps 4 to 7 with the remaining butter and eggs. Serve the first at once; plate the second within 1 minute.

CHEF TIP

Keep the heat medium-high and move fast. A French omelette is done in under a minute; every extra second firms it past the custardy centre. Add chervil if you can find it.

WHY A GOOD EGG SHOWS HERE

The yolk is the colour and the flavour here. A rich, golden yolk from a well-fed hen gives the folded centre that warm, round taste that makes a French omelette feel complete rather than just cooked.



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