

**MONDAY - BREAKFAST**

**Omelette and Grilled Tomato**

**Serves: 1 Person**



**Recipe Ingredients**

- 2 tbsp. Lardons
- 2 Eggs
- 2 tbsp. Grated Emmental
- Vegetable oil for pan, butter, salt and pepper for seasoning
- ½ Large tomato



# CHARDONS

## **7:30am** (Once the porridge has been made)

240. Put the lardons in a medium saucepan with a small amount of oil, cook on a medium heat, discarding the excess water and fat that come out of the bacon. Cook for 10-15 minutes.
241. Cut the tomatoes in half, drizzle with oil then season with salt, pepper and dried herbs.
242. Put the tomatoes on a lined baking tray and grill on the top shelf of the oven for 15-20 minutes. They should be finished with the second lot of pastries.

## **7:50am**

243. Transfer the tomatoes to the bottom shelf and lower the oven temperature to 70°C to keep them warm until service.
244. When the lardons are golden and crispy, transfer to a bowl, discarding all of the cooking liquid

## **8:00am** (Whilst waiting for guests to come down).

245. Keep two omelette pans on a low heat to speed up cooking process. Have bacon and cheese ready in separate bowls as well.
246. Cook each omelette to order, each should take approx. 2 minutes.
247. Place the omelette pan on a medium heat. Add a little vegetable oil and butter and swirl it around, tilting the pan so the base and sides get coated.
248. Crack 2 eggs per person into a mixing bowl and season with a pinch of salt and black pepper. Remove any shell and whisk until well beaten.
249. Pour egg mix into the pan once the butter starts bubbling. Leave for 1 minute.
250. Using a plastic spatula, mix the omelette, going around the edges of the pan and drawing the edges into the centre to keep mixture moving and evenly cooked.
251. Leave for a further minute for the bottom to cook.
252. Sprinkle crispy lardons and grated cheese down the centre of the eggs.
253. For Vegetarians, substitute the lardons with mushrooms, diced tomatoes or peppers.

### **To Serve**

254. As soon as the egg mixture is firm on the bottom, flip one side of the omelette into the centre then the opposite side and transfer onto a plate. Place a grilled tomato on the side.

### CHEF'S TIPS

- ★ For the best omelettes, use a hot pan.
- ★ Wipe the omelette pan and return to the heat between orders.
- ★ Keep 2 omelette pans on the heat at all times, so that there is a clean pan ready to go for the next order.
- ★ Add the oil to the hot pan as the order comes in, not before, so the oil doesn't burn between orders.
- ★ Don't overcook the omelettes or they will be rubbery. Remove the pan from the heat as soon as they are set; they will continue cooking from the heat of the pan.
- ★ Offer any additions that are in the fridge, e.g. ham, peppers, mushrooms.
- ★ An omelette will go on cooking even on the plate, so serve it immediately.
- ★ The perfect omelette is tinged with gold on the surface and is soft on the inside.