



GF Friendly

Baked Omelette

easy-to-make omelette baked in the oven

This is rather like a quiche without the pastry. Additions for the filling can be whatever you like to suit taste and dietary requirements – just beware of salami and similar smoked meats, the high fat content of which will tend to make the omelette greasy. For an interesting dessert, try fruit instead of meat and vegies and substitute nutmeg for the salt and pepper.

The quantities below are sufficient for two ample serves. If you are catering for more, simply use a larger dish and increase the ingredients proportionately.

- 4-5 eggs
- 1 small tomato (quartered and sliced)
- ¼ cup sliced ham (cut in 2-3 cm pieces)
- ¼ cup grated cheese
- 1-2 spring onions (sliced)
- ¼ cup peas
- 2 Tbsps milk
- 1 Tbsp cornflour
- salt & pepper



Prepare the additions as above. Grease a shallow oven-proof dish (I used a rectangular one, 16cm X 21cm). A standard pie or quiche dish would also be suitable.

Lightly beat the eggs in a bowl with a shake of salt and pepper. Do this by hand with a fork – I've found that using an electric mixer aerates the mixture too much. In a separate dish, blend the cornflour and milk, then add to the egg mixture and beat in lightly as before.

Pour enough egg mix into the dish to just cover the bottom. First sprinkle on the cheese, then add the other ingredients, spreading evenly over the area. Finally, give the rest of the egg a light beat before pouring gently over the lot.

Bake on the centre shelf of the oven on 160°C fan-forced (175°C conventional) for 20-25 minutes, or until the top is golden.

Serve hot or cold with salad and shoestring French fries.

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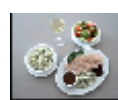
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