

GF Friendly

Piperade

a light, sweet-tasting egg, bacon and onion dish

I got this French recipe from a Margaret Fulton book. Being a UK chef, and this one of hers published in 1984, these posed a question. In those days, imported fruits in Britain tended to be smaller than today's, Australian-grown products, so I've adapted quantities. It also called for both green and red capsicums, but only having a large green one I made do with that; and I included mushrooms because I'm partial to them. Piperade is actually a cross between a Spanish omelette and scrambled eggs, cooked until set, but still moist. It's easy to make, a joy to eat and is light yet filling. This is a great dish for anyone who doesn't like hot and spicy.

60g butter

1 onion chopped finely

2 button mushrooms, peeled & sliced

1 tsp minced garlic or a crushed clove

1 large green capsicum, thinly sliced

1 large tomato, seeded and coarsely chopped

Salt & pepper to taste (optional)

4 eggs

1 tsp chopped parsley

4-6 eye-bacon rashers

(I only had 3, so I cut them in half)



In a large frypan or skillet, melt half the butter with the garlic; then add the vegetables and stir-fry until softening – don't brown. Season if you like at this stage. Transfer these to a bowl. Lightly fry the bacon in the same pan, and when cooked, put on a lined tray to keep warm in the oven along with the plates. Lightly whisk the eggs with the parsley.

Heat the remaining butter over a medium heat until just sizzling, then pour in the eggs and watch carefully. As soon as the edges start to set, put in the vegies and **quickly stir-fry**. Turn down the heat and use a heat de-fuser if you have one. Scrape the mixture into two separate piles and mound each up slightly; then cover and allow to set. Try occasionally so as not to overcook – you want your piperade to be soft and fluffy. Slide each intact onto two plates and top with bacon.

Serves 2 for a cooked breakfast, a good lunch, or a light dinner course.

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