

Scrambled eggs

Many fine restaurants test new chefs' skills by challenging them to demonstrate a couple of basic egg techniques – they very quickly illustrate whether a chef can actually 'cook'!

Serves 1
Prep time 2 minutes
Cooking time 5 minutes
Carb count 0.6 g (2 eggs)

EQUIPMENT

Non-stick pot, bowl, whisk, spatula

INGREDIENTS

20 g (4 tsp) butter
 2 eggs
 salt and pepper to taste

METHOD

Melt the butter in a pot and remove from the heat. Whisk the eggs in the bowl and pour into the pot. Return the pot to the heat and slowly whisk. I was taught that the egg 'curds' ought to be as small as possible and that the eggs should be cooked only to the point where they are creamy and soft ('baveuse'). To do this you have to let the heat in the pot finish the cooking, so once they are beginning to set, remove the pot from the heat and continue to whisk. Add the seasoning and only return the pot to the heat if you're sure they need more cooking. There are a million things you can add to scrambled eggs; I love to add a handful of spinach and diced tomatoes at the end to make them more interesting.

Omelette

The traditional method of cooking an omelette is quite a skilful technique – encasing a scrambled egg centre within a skin of cooked egg. The alternative method here does mean that you need an oven or grill to finish the cooking, but it is a lot simpler!

Serves 1
Prep time 5 minutes
Cooking time 6–8 minutes
Carb count 4.6 g

EQUIPMENT

Non-stick oven-proof frying pan, whisk, bowl, spatula

INGREDIENTS

20 g (4 tsp) butter
 2 eggs
 15 g (1 tbsp) your favourite cheese, grated
 (mozzarella and cheddar work well)
 100 g (1 small) tomato, diced
 15 g (½ cup) baby spinach
 50 g (½ cup) diced capsicum

METHOD

Preheat oven to 180°C. Melt the butter in the frying pan. Whisk the eggs in the bowl and add them to the pan. Have the pan on a moderate heat and, as the underneath cooks, gently push the sides in to allow the raw egg mixture to pour into the space. When there is no more runny egg but the top of the omelette is still moist, add the fillings on top of the eggs and put the pan into the oven for 3 minutes. The eggs should be cooked through; if not, check again at 1-minute intervals. Fold the omelette if you like, or just slide it onto a plate.