

# Spanish omelette

*When I was younger, my mother's omelettes had quite a reputation. While high-school girlfriends initially found the idea of eggs and rice for breakfast strange, they would always whisper requests for her specialty the next time they slept over. As an adult, I make it myself for new friends, who ask the same thing: 'Can you make those eggs again?'*

*Spanish omelette is far from being my mother's invention; the tomato and onion omelette is a classic Filipino breakfast item. As with all good omelettes, it comes down to technique. The trick here is to cook the onion until nice and golden, then give the tomato a good mash to release its sweet juice.*

## Serves: 2

2 tablespoons vegetable oil  
½ onion, thickly sliced  
½ large tomato, roughly  
chopped  
4 eggs, beaten  
steamed rice and catsup  
(Filipino ketchup) or tomato  
sauce (ketchup), to serve

Heat the vegetable oil in a large frying pan over medium heat. Add the onion and cook for 4 minutes, stirring often, until soft. Add the tomato and, using the back of a spatula, flatten to release the juice. Continue to cook, stirring, for a further 2–3 minutes, or until the tomato is starting to break down and the juice is starting to caramelise.

Meanwhile, season the eggs with salt flakes and freshly cracked black pepper. Spread the onion mixture evenly in the base of the pan. Increase the heat to high and pour over the eggs, but do not stir for 30 seconds. Then, gently stir and fold in a figure eight motion every 10 seconds until the eggs are just cooked (slightly undercooked will result in a creamier finish).

## Where does it come from?

*Its name suggests origin, but the story is not so clear-cut. In Spain, an omelette is called tortilla. Its large round thick shape and ingredients, such as potato, produce a significantly different dish. The Filipino omelette most likely took its name from the Spanish sofrito (sautéed onion and tomato), which forms the basis of this omelette. Of note, in Mexico, the same preparation is called huevos a la Mexicana, meaning Mexican eggs.*

## Omelette aux Asperges

ASPARAGUS OMELETTE—SERVES 4

*12 asparagus spears, cut into thirds*

*75 g/3 oz butter*

*12 eggs*

*salt and freshly ground pepper*

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SPRING

Cook the asparagus gently in a frying pan in 25 g/1 oz butter until tender.

Make 1 large or 4 small omelettes (see *Omelette aux goujons*, page 43), put in the asparagus, fold over the omelette and serve at once.



When Camille made a springtime *pot-au-feu*, she would, of course, use these new vegetables. Often, she would serve them on their own with a vinaigrette, and add a slice of foie gras. However, the recipe that follows is not quite Camille's. Her selection of vegetables was more restricted; she would have cooked them all together, and her presentation would have been far less sophisticated. At La Tante Claire I used a larger variety of vegetables; I cooked them separately in chicken stock, and I might add truffles, which of course are not found in the Gers and are therefore not used in the local cooking.

## affogato with frangelico

prep + cook time 10 minutes serves 6  
nutritional count per serving 13.5g total fat  
(8.6g saturated fat); 1045kJ (250 cal);  
23.2g carbohydrate; 3.9g protein; 0g fibre

½ cup ground espresso coffee beans  
1½ cups (375ml) boiling water  
1 litre (4 cups) vanilla ice-cream  
½ cup (125ml) Frangelico

1 Place coffee and the water in coffee plunger, stand 4 minutes before plunging.  
2 Place 2 scoops ice-cream in each of six small heatproof glasses or coffee cups; pour 1 tablespoon Frangelico over each. Pour over hot coffee; serve immediately.

