

Cheese and Spinach Souffle Omelette

Ingredients

For the spinach filling:

- 2 oz (50 g) frozen spinach
- 1 oz (25 g) butter
- 1 dessertspoon single cream

For the omelette:

- 2 large eggs
- 2 oz (50 g) grated cheese (you can use any kind of cheese you like, but I happen to like this with Double Gloucester or Cheddar with with Onion and Chives)
- 1 level tablespoon freshly grated Parmesan salt and freshly milled black pepper

Equipment

You will also need a heavy-based 7 inch (18 cm) frying-pan and a hand whisk.



Method

First prepare the spinach filling. Cook the frozen spinach over a gentle heat to thaw it, then squeeze out all the moisture. Heat the spinach with half the butter, then stir in the cream. Season with salt and pepper and put to one side while you make the omelette. Pre-heat the grill. Then separate the eggs, putting the whites in a large, roomy bowl and the yolks in a smaller one. Before you begin to whisk, put a heavy-based 7-inch (18 cm) frying-pan on to a medium heat. Now take an electric hand whisk (or other kind) and whisk the egg whites to the soft peak stage (ie, when you lift the whisk up, the egg white forms soft peaks that droop over slightly). Using the same whisk, whisk the egg yolks for a few seconds and add a little salt and pepper. Then pop the remaining butter from the spinach filling into the pan to melt and meanwhile, using a metal tablespoon, fold the egg yolks into the whites and when they're evenly incorporated fold in the grated cheese. By now the butter should be hot so pour the mixture into the pan and shake the pan to distribute the mixture evenly, but don't do anything else like stirring – you'll just have to leave it alone for about 1 minute. Then you can slide a palette knife round the edge to loosen it. Sprinkle the surface of the omelette with half the Parmesan, then take the pan over to the grill and let the surface cook for another minute or until it begins to be faintly tinged with brown. Have a warm plate ready, then once again slide the palette knife all round the edge of the omelette. Slip it underneath and turn the omelette right over in half and tip out on to the plate (if it flips back, just turn it over again). Spoon the cooked, warm spinach mixture on to one side of the cooked omelette, sprinkle with the rest of the Parmesan and eat immediately. It won't wait.