

Stilton Souffle Omelette

Ingredients

3 oz (75 g) Stilton, crumbled
3 large eggs, separated
½ oz (10 g) butter
1 level tablespoon freshly snipped chives
salt and freshly milled black pepper

Equipment

You will also need a 7 inch (18 cm) solid frying pan.

Method

This is a great recipe for one person. It's quick and easy, yet special and different. If you want to make it for two people, use a 9 inch (23 cm) pan and double the ingredients. It is excellent served with a tomato and basil salad. First pre-heat the grill, then put the frying pan on to a medium heat. Whisk the egg whites to soft peaks and leave them on one side while you beat the egg yolks in a separate bowl and season them well. Now melt the butter in the hot pan, being careful not to let it burn, then quickly fold the egg yolks and half of the Stilton, plus the chives, into the egg whites. When the butter is foaming, pour the mixture into the pan, shaking the pan to make sure the mixture is evenly distributed – don't be tempted to stir it, though, or you will knock the air out of it. Cook the omelette for about 1 minute and then slide a palette knife around the edge to loosen it from the pan. Now scatter the remaining cheese all over the surface, then place the pan under the grill, 4 inches (10 cm) from the heat, and let the surface cook for about 1 minute, until it is lightly tinged brown and the cheese is melting. Then remove the pan from the grill and, using the palette knife, carefully loosen the edges, fold one half of the omelette over the other, slide it out on to a heated plate and serve immediately.

