

View from the Fridge – Recipes from Brian Donkin

Recipe # 76 – Omelette Key Largo

Preparation time: 10 min – Cooking time: 10 mins

Sauce:

50gms cooked prawns, shelled
1 tablespoon finely diced red and green peppers
1 teaspoon of crushed garlic
1 pinch of crushed chillis
½ wine glass of double cream
25gms butter
salt and pepper

Method

1. Put chillis, garlic and butter in a pot, cook gently until soft
2. Add cream, bring to the boil and add prawn and salt and pepper
3. Remove from heat immediately

Omelette:

3 eggs, beaten
25gms butter
salt and pepper

Method

1. Place butter in hot pan then add beaten eggs and seasoning
2. Stir eggs with fork and when cooked, fold from back of pan in, then fold from front of pan over
3. Turn onto plate and add sauce as in picture

Serves 1

