

TASTE WITHOUT WASTE

Blueberry Soufflé Omelette

Serves one.

Ingredients

1/2 tsp butter, melted
2 eggs, separated
1/2 tsp caster sugar
1 tbsp milk
1/4 cup frozen blueberries
1 tsp maple syrup
Icing sugar to dust

Method

Turn grill onto medium-high heat.

Whisk the egg whites in a small bowl with a balloon whisk until they reach soft peaks. Don't over whisk!

In a separate bowl foam the sugar, milk and yolks together until pale, light and frothy.

Brush the butter onto an 18cm fry pan and place over low heat. Pour in the egg yolk mixture, swirling softly so that it coats the bottom of the pan. Gently tip the egg whites on top and spread lightly with a spatula until the yolks are completely covered. Try to minimise losing air as much as possible! Cook for 2 minutes or until starting to set.

Meanwhile heat the blueberries and maple syrup together until bubbly, either in the microwave or in a small pot on the stove.

Transfer the frying pan to the grill and cook for another two minutes or until the top is set and just starting to colour.

Run a spatula around the edges of the pan and carefully transfer omelette to a plate. Drizzle the blueberry mixture over half of the omelette and use the spatula to gently fold the other half over the blueberries.

Dust with icing sugar and serve immediately. You may serve with extra maple syrup or cinnamon sugar if you wish.

Source: A Taste Without Waste original.

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