Fate Breakfast Omelette

Ingredients



Filling

Approx. 70-80g mushrooms

1 tablespoon oil

1 teaspoon butter

Omelette

50g Fate Low Protein All-Purpose Mix

20g butter, at room temperature

¼ teaspoon baking powder

Salt and pepper to season

60ml water

Few drops yellow colouring

Method

1. Slice the mushrooms, keeping two slices aside to use as a garnish.
2. Heat a frying pan and add the oil and a teaspoon of butter. When it is hot, add the mushrooms and cook for a couple of minutes until lightly browned. Place onto a plate or dish.
3. Meanwhile, prepare the omelette mixture, place the Fate All-Purpose mix, the 20g butter and baking powder into a mixing bowl. Season with salt and pepper.
4. Add the water and a couple of drops of yellow colouring onto the dry ingredients and using an electric hand mixer, mix on high speed until the mixture is thick and creamy, just like mayonnaise. It should take about 1 minute.
5. Put the frying pan back on to the heat. When it is hot, spoon in the omelette mixture. Using the back of a metal spoon gently spread the mixture into a circle about 15cm in diameter (6”).
6. Leave the omelette to cook over a gentle heat until the underside is golden brown, and the top looks dry.
7. Place the cooked chopped mushrooms into the middle of the omelette. Using a palette knife or spatula, gently fold the omelette over in half.
8. Place onto a warm serving plate.
9. Serve with Fate Bread, toasted and buttered, and hot grilled or fried tomatoes.

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