

# Classic French Omelette

Serves 2

## Pastry

- 7 – 8” non-stick saucepan or skillet with shallow sloping sides
- 3 large eggs, preferably organic
- 1 tsp each butter and vegetable oil
- Kosher salt
- 1 Tbsp finely chopped mixed herbs such as parsley, tarragon and chives

## Cooking Instructions

Heat a skillet over medium-high heat and add the butter and oil.

While the pan is heating, whisk the eggs and herbs in a small bowl and season with a pinch of kosher salt.

Pour the eggs into the hot pan and stir continuously as if scrambling eggs, while grabbing the pan’s handle with your free hand to shake the pan to and fro. When the eggs are almost set, remove the pan from the heat and smooth them with a spatula. Run the spatula around all sides of the omelet to loosen it from the pan. Tip the omelet to slide the eggs to one side of the pan then using a spatula, gently fold one-third of the omelet onto itself. Then, holding the pan over a plate, slide and roll the omelet onto the plate so that it lands with the seam side down.

Brush with butter and serve immediately

# Eggs en Cocotte

Serves 6

## Pastry

- 1/4 cup unsalted butter, melted
- 1/2 cup freshly grated Parmesan cheese, optional
- 6 large organic eggs
- salt and pepper, to taste
- 6 tablespoons 35% whipping cream

## Special Equipment

- 6 ramekins or shallow oven-proof containers, approximately 6 ounces each
- shallow, straight-sided saucepan or baking dish wide enough to hold the ramekins
- kettle for boiling water

## Suggested Fillings

No matter what filling you use — it must be well-seasoned. Taste the filling and adjust with additional salt, if necessary, before adding it to the egg. You will need about 3/4 – 1 cup of filling to fill six ramekins. Here are a but a few suggestions — a peek into your refrigerator will come up with many more.

- roasted tomatoes
- sautéed mushrooms and shallots
- creamed spinach
- cooked ham with gruyère cheese
- roasted tomatoes
- blue cheese and sautéed leeks
- asparagus or ratatouille stew
- sautéed fennel and celery root
- \*Omnivores can add chicken livers, spicy sausage, shrimp and crabmeat or smoked chicken

## **Cooking Instructions**

Preheat oven to 375°F

Brush each ramekin with the melted butter. Place a generous spoonful of one or two of the suggested fillings into each ramekin. Top with a bit of grated Parmesan cheese, if desired.

Make a slight indentation in the filling with the back of a spoon to make room for the egg. Break an egg on top of each mixture and season with salt and pepper. Drizzle the egg with a bit of cream.

Place the ramekins in the saucepan (or baking dish) and pour the boiling water into the pan, being careful not to pour water into the ramekins. The water should come halfway up the sides of the ramekins. Cover the pan with a lid or foil and carefully transfer the pan to the oven.

Bake just long enough to set the egg white, about 12 minutes (the yolk should be runny or very soft). If the egg white is not quite firm, remove the lid and place under the broiler for about two minutes.

Remove the ramekins from the pan and drain off any excess butter, if you wish. Serve immediately with hot buttered toast.

# Caramel Crème Brûlée

Serves 10

## Ingredients

- 3 cups heavy cream
- 1 fresh vanilla pod
- 1/2 cup white sugar, plus additional sugar for torching
- water
- 8 large egg yolks

## Special Equipment

- 10 ramekins
- A baking dish large enough to house 10 ramekins
- Blowtorch

## Cooking Instructions

Preheat the oven to 350F.

Line a large baking dish with small dish-towels or non-stick drawer liners. This helps insulate and hold the ramekins in place while you transport them to and from the oven.

Pour the cream into a saucepan.

Split the vanilla pod in half lengthwise with a sharp knife. Remove the tiny seeds from each side of the pod with the tip of the knife, and add them to the cream. (Do not discard the split halves of the vanilla pods. Instead, place them in a container with sugar and infuse with authentic flavour.)

Heat the cream and vanilla mixture until it just begins to boil. Remove from the heat and set aside.

In a LARGE saucepan (trust me on this), add the sugar and just enough water to moisten the sugar. Cook the sugar on medium-high heat until it melts and turns a light amber color, approximately 7 to

10 minutes. Once the sugar starts changing colour you must be attentive – the sugar can turn into smoking black mess in a heartbeat.

Slowly stir the warm cream mixture into the hot, melted sugar. The melted sugar will bubble madly. In a large bowl, whisk the egg yolks with a small amount of the hot caramel cream. Add the rest of the cream in a slow stream, whisking until combined. Do not rush this process or you run the risk of scrambling the eggs.

Strain the custard through a fine sieve into a one-litre spouted container (pictured), for easy pouring.

Bring a kettle of water to a boil.

Place the ramekins on the lined baking dish and move to a counter space that is close to the stove. Pour the custard into the ramekins, filling close to the top. Add the boiling water to the baking dish, being careful not to pour water into the custard. The water should come half way up the sides of the ramekins. Poke a couple of holes into a sheet of tin foil or parchment and loosely cover the baking dish. Carefully transfer the baking dish into the oven.

Baking time will depend on the size of your ramekins and your oven's temperament. Plan on about 25 minutes for small or shallow ramekins and about 45 minutes for larger containers. The custards should be removed from the oven when they're barely set — with the centers ever-so-slightly wobbly. It's best to check the custards after 20 minutes to gauge the timing.

Refrigerate the custards until completely cool, at least three hours. (They can also be refrigerated up to three days in advance).

Just before serving, generously dust each custard with white sugar. Tilt the ramekin from side to side to disperse the sugar. Using the blowtorch, carefully burn (brûlée) the sugar with the flame until the top of each custard is nicely browned.