

Cordon Bleu

A fundamental omelette needs butter,
smoking not burnt, kept at a steady heat
while you select the fine dish to receive

your eggs. Allow the pan to smoulder
before yielding them, then beat thoroughly
till a light froth forms. For a creamier texture dribble

a little liquid in and stir. Don't dress
with herbs but induce interest with a barb
of coarse salt. Rotate gently

so that every raw part is scorched by heat
then stop, tilt, lift - experience will bring variations
but it should now be firm and fold back with ease.

Smoothly change your grip. Grasp the full length
of the handle and slide into your bowl.

Ruth O'Callaghan