



Adaptable Eggs

Broccoli Bob says:

Always remember to wash your hands before handling and preparing food!

Tuna & Feta Frittata

Ingredients:

4 Large eggs
4tbs Milk
4 Spring onions, sliced thickly
85g Feta cheese
100g Can of tuna, drained & flaked
1tbsp Olive oil

Equipment needed:

Hob & grill, non-stick frying pan, large mixing bowl, spatula.

Method:

Beat the eggs and milk with the onions then roughly crumble in the feta. Add the tuna, season lightly and mix well. Turn on the grill.

Heat the oil in a small non-stick frying pan, pour in the egg mixture and cook undisturbed on a low heat until almost set. Grill for a few minutes until the top is set and golden. Serve cut into 4 wedges. Quantities can be multiplied and cooked in an oven roasting tin, cut into segments to serve.

Variations: add 2-3 cooked new potatoes, diced or grated courgettes. Replace the tuna with diced ham or omit and add more cheese, add chopped fresh herbs such as parsley or chives. Replace the feta with a mild cheese such as Caerphilly, Wensleydale or Ricotta.

Sunny Scrambled Eggs

Preparation time:

5 minutes

Cook time:

2-3 minutes

Ingredients:

15g Butter/margarine
2 Large eggs
2 tbsp Milk
Salt & pepper

Equipment needed:

Hob, bowl, whisk, saucepan.

Method:

Crack the eggs in a bowl.

Whisk the eggs with the milk and a pinch of salt and pepper.

Melt the butter over a medium heat, pour in the eggs and keep stirring gently until the mixture has thickened and looks set (approx 2 minutes).

Spoon the mixture onto a plate and serve with wholemeal bread or toast soldiers.

Little Frittatas (Makes 8)

Ingredients:

3 medium cooked potatoes, cubed

1 red onion, thinly sliced

1 small clove garlic (crushed, optional)

1 medium tomato chopped

1 grated courgette

Small bunch basil or some other soft herb e.g. oregano, parsley or chives

Salt and pepper

Sunflower or Olive oil

4 medium size free range eggs

4 tbsp Milk

8 tsp cheese of your choice, grated cheddar or a soft goats are good for this recipe

Method:

Preheat the oven to gas 6/200c/400f. Mix together the potato, onion, garlic, tomato, courgette and basil. Season with a little salt and black pepper.

Brush a little oil into each muffin mould and heat in the oven for 2 minutes. Spoon the mixture between the moulds and bake for 10 minutes.

Beat the eggs and milk together, divide between the moulds, pouring over and mixing into the moulds. Top each one with cheese.

Bake for 5-8 minutes until cooked through and lightly golden on top. Cool and turn out. Serve with a delicious crunchy salad.

To make 1 large frittata, in a large non-stick sauté pan, lightly cook the potato and onion in a little olive oil for 2 minutes. Add in the garlic, tomato and courgette and cook for a further minute. Stir in the basil, beaten eggs and milk and season. Top with the cheese and cook in an oven for 15-20 minutes until set and golden. Cut into slices and eat warm or cold.

Spanish Omelette (Microwaved)

Preparation time:

10 minutes

Cook Time:

5 minutes

Ingredients:

1 Small onion, finely chopped
15g Butter or margarine
1 Cooked potato, chopped
1 Tomato, chopped
1 Small green pepper, finely chopped
2 tbsp Milk
3 large eggs

Equipment needed:

Microwave proof shallow dish, bowl, whisk, chopping board

Method:

Put chopped onion and butter in a bowl.
Cover with cling film, prick some holes in the cling film, and microwave on high for 2 minutes.
Add potato, tomato, and pepper, microwave for a further 1 minute.
Beat the eggs and milk together and stir into other ingredients.
Pour into a 20cm pie plate (greased well).
Cover with cling film, prick the cling film, and microwave on high for 1 minutes.
Stir cooked egg to centre, cover, cook on high for 1 minutes.
Stir again, cook (uncovered) for 1 minute, stand for 2 minutes and serve by cutting into wedges.
Note that times may vary according to microwave wattage.

To make in a conventional oven method, fry onion in butter or margarine in a non stick frying pan for 1-2 minutes until softened. Add the potato, tomato and pepper, cook for a further 1-2 minutes. Beat eggs and milk, pour over ingredients, season lightly with salt and pepper and cook over a medium heat for 3-5 minutes until eggs are set. Place under a grill to brown the top, or turn omelette onto a plate, slide back into the pan to cook the other side.

Boiled Eggs

Ingredients:

Large eggs (as many as needed)
Water for boiling
Pinch of salt
Buttered wholemeal toast, cut into soldiers

Equipment needed:

Saucepan, slotted spoon, egg cups

Method:

Place eggs in a small pan, cover with at least 1 inch of cold water, add a pinch of salt and place the pan on a high heat. When the water is almost boiling, gently stir the eggs and set a kitchen timer for one of the timings below:
3 minutes for a really soft boiled yolk and set white.
5 minutes for a firmer yolk and white.
7 minutes for firmly hard boiled.
Reduce the heat slightly to keep water bubbling but not fast boiling and stir the eggs once more. Once cooking time is complete, remove the eggs from the pan with a slotted spoon, place into egg cups and serve with hot wholemeal buttered toast soldiers.