

Omelette Popovers

This recipe is an alternative way of making omelettes. They are popular with children and adults as they look very appealing and taste delicious. You can add most cooked vegetables to them. They can be eaten hot or cold and are perfect for eating on the go, at a picnic or for lunch.



Egg and milk*

Nutritional information per portion (169g):

Energy 981kJ 237kcal 12%	Fat 14g 20%	Saturates 5.9g 30%	Sugars 1.5g 2%	Salt 0.85g 14%
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of an adult's reference intake.
Typical values per 100g: energy 580kJ/140kcal.

Equipment

Weighing scales
Measuring spoons
12-hole muffin tin
Sharp knife
Chopping board
Grater
Medium mixing bowl
Scissors
Small bowl or large jug
Fork
Oven gloves
Ladle or large spoon
Mixing spoon
Pan stand
Palette knife or spatula

Ingredients

Serves 4
(makes approx. 12 Popovers)

Spray oil (to grease)
1 small onion
140g Cheddar cheese
150g frozen peas
2 x 15ml spoons fresh chopped chives OR 1 x 5ml spoon dried chives OR herbs (optional)
6 large eggs
Ground black pepper (optional)
1 x 15ml spoon water

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- If you get any eggshell in the egg, use a larger piece of shell to fish it out. It is quicker and easier than trying to do it with your fingers.
- Be careful lifting the muffin tin in and out of the oven as it will be very hot. Make sure you use oven gloves.

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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Spray the holes of the muffin tin with the spray oil.
3. Peel and finely chop the onion and divide equally between the holes.
4. Put in the oven for 5 minutes.
5. Meanwhile, weigh and grate the Cheddar cheese. Put the peas into a medium bowl and add the grated cheese.
6. Chop the herbs using a pair of scissors and add to the cheese mixture.
7. Break the eggs, one at a time, into a small bowl and add to the cheese and peas mix. Add some black pepper to taste (if using) to the mixture and add the water.
8. Mix with a fork until the peas have separated from each other and the eggs are well mixed.
9. Carefully remove the muffin tin from the oven.
10. Using a ladle, divide the mixture between the 12 holes and with a spoon stir each one to mix in the onion. Return to the oven for 15 minutes or until golden brown on the top.
11. Allow to cool for 5 minutes then remove the popovers from the tin with a spatula.

Something to try next time

- Instead of chopped onion and chives, use half a bunch of trimmed and chopped spring onions. Add them at step 7 and only heat the muffin tray for 3 minutes, not 5, before adding the omelette mixture.
- Try eating these popovers in a sandwich, in savoury scones or take them on picnics or in a lunchbox for a healthy and nutritious lunch.
- Serve with a side salad and some slices of bread for a balanced meal.

Prepare now, eat later

- Grate the cheese and freeze in a bag – you can take any amount out that you need and use straight from frozen.
- The popovers will keep for 2 days in an airtight container in the fridge or can be frozen between sheets of baking paper, then transferred to a plastic bag or container when frozen and stored for up to 1 month.

Skills used include:

Weighing, measuring, peeling, chopping, grating, whisking, mixing/combining and baking.

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