



# Naturally Good Food

## Whitebait Omlette with Mick's Free-range Eggs

*serves two*

'Mick's hens seem to know when the whitebait season has arrived and put in a supreme effort – although one year he had to buy more hens.'

### ingredients

2 of Mick's fresh free-range hens' eggs  
(or you could try duck eggs)  
200 g new season's West Coast whitebait  
Splash of cream  
Vegetable oil  
1 lemon and plenty of ground  
black pepper to serve

### method

- 1 Heat a omelette pan on the element.
- 2 Crack the eggs in a bowl and whisk in the whitebait and cream with a fork.
- 3 Add the oil to the pan and allow it to begin to smoke. Add the egg mixture and work with the fork until it is two-thirds cooked, taking care not to colour it too much on the bottom.
- 4 Finish under a hot grill or in the oven until the omelette begins to rise or puff up. Do not overcook – leave it still slightly creamy in the centre.

Serve squeezed with lemon and dusted in pepper, with a slice of buttered bread on the side.

---

An extract from *FLEURS PLACE: Simple, fresh, naturally good food* by Paul Sorrell (text), Graham Warman (photographs), and Fleur Sullivan and Simon Peacock (recipes). Published by Penguin Group NZ RRP\$45.00  
Available from all good booksellers nationwide.  
Copyright © 2008.

