



JERNEJ KITCHEN

GRATIN OMELETTE WITH MACKEREL FILLETS

That gratin top is everything. Delicious.

SERVES 2 PEOPLE
PREPARATION: 30 MINUTES

GRATIN OMELETTE WITH MACKEREL FILLETS

4 eggs

125 g Delamaris Mackerel Fillets in sunflower oil (1 can)

10 g butter

salt, pepper

10 g freshly grated parmesan cheese

BÉCHAMEL SAUCE

15 g all-purpose flour

15 g butter

100 g milk

nutmeg

1 egg

HOLLANDAISE SAUCE

1 egg yolk

70 g melted hot butter

1 tsp white wine vinegar

TOOLS AND EQUIPEMENT

bowl

saucepan

spatula

skillet

BÉCHAMEL SAUCE

First prepare the béchamel sauce. In a medium saucepan, heat the butter over medium-low heat until melted. Add the flour and stir until smooth over low heat. Gradually add the milk to the butter mixture, whisking continuously until very smooth. Season with salt, nutmeg and pepper and cook for 5 minutes, stirring constantly, then remove from heat and set aside until ready to use.

TIP

Cover the sauce with cling film touching the sauce to prevent the sauce from forming a skin.

HOLLANDAISE SAUCE

Prepare the hollandaise sauce. Whisk the egg yolk and white balsamic vinegar in a small glass bowl until the mixture is thickened. Place the glass bowl over a saucepan with simmering water (make sure the water doesn't touch the bottom of the bowl). Whisk the egg yolks rapidly and be careful not to get the eggs too hot. Remove from the heat and slowly drizzle in the melted butter. Whisk until the sauce is thickened. Season to taste with salt and pepper. If the sauce gets too thick, add a few drops of cold water before serving. Leave the hollandaise sauce in a bowl over the saucepan until needed.

SAUCE

Add one egg to the cool béchamel sauce, whisk well, then stir in the hollandaise sauce.

OMELETTE

Preheat your oven to 220 °C / 430 °F (grill). Crack the eggs into a bowl and beat with a fork until smooth. Season with salt and black pepper. Heat a skillet over high heat and add a tsp of vegetables oil. When the oil is very hot but not smoking, pour the eggs quickly into the pan. Shake the pan to distribute the

Sponsored

eggs evenly, then leave for about 20 seconds until the eggs begin to set.

OMELETTE

Using a spatula pull the edges of the omelette toward the center while shaking the pan to redistribute the remaining liquid to the edges. The omelette is done when still slightly runny in the middle. Arrange the Delamaris Mackerel Skillet and freshly grated parmesan cheese on top of the omelette. Pour the bechamel and hollandaise mixture sauce over the omelette and place in the oven (on the highest rack) for about 1 - 2 minutes or until the gratin is delicious and golden.

SERVE

Serve your Gratin Omelette with Mackerel Fillets for breakfast, brunch or entree. Serve with freshly baked bread, seasonal salad or water cress. Enjoy.