

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- Gram flour- 120g
- Plain flour - 4 tbsp
- Water – 240 ml
- Baking powder -1 tsp
- 75g cheese
- Salt and black pepper - to taste
- 1 tsp Oil

Optional fillings/ seasoning –

- ¼ Onion (finely chopped)
- ¼ Red pepper
- 1 Tomato
- 2 x tbsp sweetcorn
- 1 slice of ham/ chicken or turkey
- 2 tbsp Coriander (finely chopped)
- pinch of chili powder/ cayenne pepper



Equipment

- Whisk/ fork
- Paring knife
- Yellow Chopping board if using cooked meat
- Brown Chopping board
- Scrap bowl
- Frying pan
- Plate
- Tablespoon
- Teaspoon
- Fish slice/ slotted spatula
- Measuring jug
- Grater



Eggless Omelette



Ingredients

Gram flour- 120g

- Plain flour - 4 tbsp
- Water – 240 ml
- Baking powder -1 tsp
- 75g cheese
- Salt and black pepper - to taste
- 1 tsp Oil

Optional fillings/ seasoning –

- ¼ Onion (finely chopped)
- ¼ Red pepper
- 1 Tomato
- 2/3 small mushrooms
- 2 x tbsp sweetcorn
- 1 slice of ham/ chicken/ turkey
- 2 tbsp Coriander (finely chopped)
- pinch of chili powder/ cayenne pepper

Method

1. Prepare fresh ingredients/ weigh flours/ measure water/ grate cheese/ slice any meat.
2. In a medium mixing bowl add Gram flour, plain flour, salt, black pepper, baking powder and any other dried seasoning. Mix well.
3. Add water and whisk until smooth making sure everything is combined.
4. **Add oil or butter and heat the frying pan**, pour the batter into the pan and move pan to ensure shape.
5. As it starts to cook add cheese, meats, vegetables of choice. Cook for approx. 2 minutes on medium heat.
6. Flip over and cook the other side as well.
7. Fold and serve your omelette