



Winter Vegetable Omelette Stack

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: fennel, onion, pumpkin, silverbeet

This recipe is done in three stages by two groups: one group prepares the vegetables, one group cooks the sauce and omelette, and both groups construct the stack together.

Note: You'll be using the **Tomato & Garlic Sauce** (page 169) for this dish, so refer to the ingredient and equipment lists for that recipe.

Note also that the sauce, omelettes and grilled vegetables can be prepared in advance of the class if you think you might be pressed for time.

Equipment:

metric measuring scales, cup and spoons
clean tea towel
chopping board
cook's knife
whisk
grater
bowls – 6 small, 4 medium
20 cm non-stick frying pan
egg flip
wooden spoon
large frying pan
tongs
2 round serving plates

Ingredients:

For the omelette:

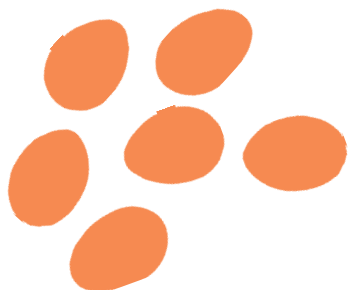
6 eggs, lightly beaten
1/2 cup fresh breadcrumbs
2 tbsp fresh parmesan
salt, to taste
pepper, to taste
1 tbsp olive oil

For the vegetables:

1/2 small pumpkin, finely sliced
1 fennel head, finely sliced
2 onions, peeled and finely sliced
2 tbsp extra-virgin olive oil

For construction:

2 handfuls of spinach or silverbeet (stems removed), finely sliced
125 g mozzarella cheese, finely sliced or grated
50 g parmesan, grated
1 quantity **Tomato & Garlic Sauce**





What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.

Tomato & garlic sauce – group 1

1. Make the **Tomato & Garlic Sauce** (page 169) according to the recipe.

Omelettes – group 1

1. Mix all the omelette ingredients except the olive oil together in a medium bowl.
2. Heat ½ tsp of olive oil in the 20 cm frying pan over medium heat.
3. Pour in just enough omelette mix to cover the base of the pan.
4. Cook for about 1 minute, then flip and cook the other side.
5. Remove the cooked omelette and place on a plate.
6. Continue the omelette cooking process until all the batter is used – you should have at least eight round omelettes.
7. Divide between two plates so each group has four omelettes.

Grilled veg – group 2

1. Cook the pumpkin in a little oil in the large frying pan over high heat.
2. Add the cooked pumpkin to a medium bowl to cool.
3. Continue cooking the remaining vegetables and add them to the bowl.
4. In each of two small bowls place six slices of each cooked vegetable and save them for the top of the two stacks.

Construction prep – group 2

1. Divide the spinach or silverbeet between two medium bowls.
2. Divide the grated mozzarella between two small bowls.
3. Divide the grated parmesan between two small bowls.

Construction – both groups make a stack each

1. Preheat the oven to 180°C.
2. Each group begins with a round plate.
3. Place a spoonful of the **Tomato & Garlic Sauce** on the plate.
4. Top with an omelette.
5. Add a layer of spinach or silverbeet, then a layer of vegetables, a layer of mozzarella, a layer of sauce, a sprinkle of parmesan and then another omelette.
6. Repeat the process until you have placed your fourth omelette on the top.
7. Top with the reserved vegetables and a sprinkle of cheese.
8. Place the stack in the oven for 5–10 minutes.
9. Slice into wedges and serve.

