

Omelette Arnold Bennett

Arnold Bennet was a writer who wrote a whole novel while staying at the Savoy Hotel, New York.

Serves 8

- Olive oil
- 8 spring onions, trimmed and finely sliced
- 400 g smoked fish (mackerel, trout or eel), skin and bones removed
- 4 small knobs of butter
- 2 lemons
- Sea salt and freshly ground black pepper
- 10 large eggs, preferably free-range or organic
- 2 heaped tablespoon freshly grated Parmesan cheese, plus extra to serve
- 2 small bunch of fresh chives, finely chopped
- Watercress salad

Put a large non-stick frying pan on a medium to low heat and add a drizzle of olive oil. Add the sliced spring onions, then flake in the fish so you get different sized chunks. Add your knobs of butter and shake the pan a bit to get everything coated in the butter and oil. Finely grate in the zest of one lemon and a pinch of black pepper. Cook for about 3 to 4 minutes, until the spring onions have softened but not coloured.

Turn the heat down so it's quite low. In a bowl, beat your eggs well and add the grated Parmesan and a small pinch of salt and black pepper. Make sure your spring onions and fish are nicely distributed across the pan, then pour in the eggs. Use a wooden spoon to slowly move everything around so the raw egg settles into the gaps you've left. Keep everything in a nice flat layer as you go, and use your instincts – when you've run out of wet egg, stop spooning stuff around and turn the heat down really low.

Use a fish slice to gently lift the edges of the omelette and make sure it isn't overcooking. When the liquid egg on top has just set and turned opaque, slide the omelette on to a serving plate. I like to serve this omelette open so you can see all the spring onions and fish. Sprinkle over your chopped chives and take it straight to the table with a hunk of warm bread and a little Parmesan for sprinkling over. It's really nice with a watercress salad on the side. Cut the second lemon into wedges to squeeze over the top and tuck in.

Recept från Jamie's America.