



INGREDIENTS

Serves 4

- 2 potatoes, peeled and thinly sliced
- 1 onion, peeled and thinly sliced
- 2.5 litres (4 pints) vegetable oil
- 3 eggs
- salt and pepper
- vegetable oil for frying
- 1 bag/bunch rocket
- 1 jar roasted red peppers, cut into strips

METHOD

- 1 In a bowl mix together the onions and potatoes.
- 2 Heat the oil in a saucepan, or use a deep-fat fryer. (If you have a cooking thermometer, check that the oil is heated to 120°C/248°F.)
- 3 Put the potatoes and onions in a frying basket and cook them in the oil for approximately 3-4 minutes until soft, but don't brown them. There must be absolutely no colouring at all.
- 4 Drain the onions and potatoes on kitchen paper and place them in a bowl.
- 5 Beat the eggs in a separate bowl, and pour them over the hot potatoes and onions. Very carefully turn the mixture with a wooden spoon and season with plenty of salt and pepper.
- 6 Place a non-stick pan (about 20 cm across) on a medium heat and warm a little vegetable oil. Carefully pour the mixture in and immediately start pushing the edges against the side of the pan so that the outside edge of the omelette is in good contact with the pan.
- 7 Cook for 3-4 minutes until golden brown. Then put a large dinner plate on top of the pan and flip

it over so that the omelette is on the plate. Slide the omelette back into the pan and cook the other side for another 3-4 minutes until golden brown.

8 Serve warm rather than hot, with roasted peppers and rocket salad.



ABOUT EGGS



- Many solids melt as they get hotter, but eggs do not. They start as quite liquid in the fresh state and when they are heated, they go solid. This odd behaviour is a result of the effect of the heat on the proteins they contain. The strands of protein in both the egg yolk and white are folded into precise shapes, each molecule forming a minute ball called a globular protein. But when these proteins are heated, some of the interactions holding their molecules into their precise globular shapes are broken and the molecules begin to unravel. This allows the separate protein chains to become entangled with one another and new and stronger interactions can form, making a solid, three-dimensional network of protein molecules, leading to a soft-boiled, and eventually a hard-boiled egg.
- China produces about 160 billion eggs per year - the largest number in the world - and in the USA, more than 65 billion eggs are produced per year by about 260 million hens.
- In the nineteenth century British collectors, eager to obtain the eggs of rare birds, wiped out entire species such as the osprey, sea eagle and goshawk.
- The green-grey colour surrounding the yolk of a hard-boiled egg (and the rotten smell of sulphur that often accompanies it) comes from the reaction of iron in the egg yolk and sulphur in the egg white. When heated, the two combine to make green-grey sulphide and hydrogen sulphide gas. To avoid getting a green yolk, cook your eggs just long enough to reach the desired doneness and quickly plunge the cooked eggs into cold water to stop the cooking process and minimise the iron-sulphur reaction.
- The word 'egg' is commonly thought to come from an Indo-European word meaning 'bird'. And 'yolk' comes from Old English and Greek and means 'yellow'.
- December 3rd, 1988 became known as Black Saturday for eggs when Edwina Currie, then Junior Health Minister, stated during an impromptu interview for ITN that, 'Most of the egg production in this country, sadly, is now infected with salmonella.'

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