

Recipe 1458

Ingredients

6 eggs, 1 saltspoonful of salt, 1/2 saltspoonful of pepper, 2 sheep's kidneys, or 2 tablespoonfuls of minced veal kidney, 5 oz. of butter.

Method

Skin the kidneys, cut them into small dice, and toss them in a frying-pan, in 1 oz. of butter, over the fire for 2 or 3 minutes. Mix the ingredients for the omelet the same as in recipe No. 1456, and when the eggs are well whisked, stir in the pieces of kidney. Make the butter hot in the frying-pan, and when it bubbles, pour in the omelet, and fry it over a gentle fire from 4 to 6 minutes. When the eggs are set, fold the edges over, so that the omelet assumes an oval form, and be careful that it is not too much done: to brown the top, hold the pan before the fire for a minute or two, or use a salamander until the desired colour is obtained, but never turn an omelet in the pan. Slip it carefully on to a very hot dish, or, what is a much safer method, put a dish on the omelet, and turn the pan quickly over. It should be served the instant it comes from the fire.

Source: Mrs Beeton's Book of Household Management (1861)

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