

By: Miguel Ángel Mateos



Morado Garlic Omelette with Samphire.



DIFFICULTY
LOW



CUISINE
MEDITERRANEAN



SERVES
4



TYPE OF DISH
MAIN



PREPARATION TIME
15 MINUTES



TYPE OF GARLIC
MORADO

Ingredients

- 2 Cloves of Morado Garlic
- 8 Free-Range Eggs
- 50g Fresh Samphire
- Fine Salt
- Extra Virgin Olive Oil

Step by Step



1. Peel and finely slice the cloves of morado garlic.
2. This is a recipe for individual omelettes, so you will be needing to use 2 eggs for each one. Crack open the eggs into a bowl, add a sprinkling of salt and beat gently.
3. Pour a splash of oil into a frying pan over a medium-high heat and once steaming, add the garlic and cook gently until golden. Put aside.
4. Using a small frying pan, to make sure our omelette ends up being nice and thick, heat up a little oil over a medium-low heat, along with the golden garlic.
5. Add a few sprigs of samphire and sauté gently.
6. Pour in the eggs and leave to cook. After a few minutes, flip over the omelette. Remove from the heat just as the egg begins to set, so that the omelette stays runny on the inside.



FINISHING THE DISH:

7. Place the omelette onto the middle on a flat plate.
8. Garnish with a few slices of golden garlic and the odd sprig of samphire, which can equally be raw or cooked.

CHEF'S TIPS Miguel Ángel Mateos:

- Samphire is a full, fleshy plant which is also known as Sea Asparagus, on account of its salty flavour. Bearing this in mind, make sure not to add too much salt when making this dish.
- You can easily swap the samphire for any preferred alternative, such as asparagus, garlic shoots, etc.
- Beat the eggs just before adding them to the pan, or else they will be too runny and it will be harder to achieve the spongy texture you want in an omelette.
- We recommend using free-range eggs as these give the dish more colour and flavour.