

Black Truffle HARVEST

Premium Fresh Black Truffle grown naturally in Australia

Truffle Omelette and French Fries

Shannon Bennett ~ Vue de monde

www.truffleharvest.com.au

Truffle Omelette

Serves 1

Ingredients:

2 tablespoon olive oil
10 g French butter, unsalted
3 large free range eggs
50 g gruyere cheese, grated
5 g shaved truffle
Salt



Method:

- In a small non stick frying pan heat the olive oil with the butter. When the butter is frothing, add the eggs
- With a firm, rubber spatula beat the eggs as they cook scraping down the edges
- When the egg mix is $\frac{3}{4}$ cooked remove from the heat
- Sprinkle the cheese in the middle of the omelette, follow with 3 shavings of truffle
- Gently fold the omelette over until a smooth sausage shape is achieved
- Shave the rest of the truffle over the omelette, season with salt and serve

Perfect French Fries

Serves 4

Ingredients:

4 large Sebago potatoes, washed
Vegetable oil
Sea salt



Method:

- Cut the washed potato into 1 cm (1/2 in) slices. Then cut these slices into 1 cm (1/2 in) strips
- Wash under cold running until the water runs clear then drain
- Fill a large saucepan with water, add a tablespoon of salt. Put the potato into the water, bring to the boil and simmer for 2 minutes
- Strain with a large colander or sieve
- Heat the oil in a large saucepan (the oil should only fill one-third of the pot). Watch the oil carefully, do not leave it unattended. It should not reach smoking point; it should be 180°C for cooking the potatoes
- To test if the oil is at the correct temperature, drop a chip into it and if the chip disappears in a rapid stream of bubbles, then the oil is ready
- Cook the fries in batches, a quarter at a time, until golden
- Drain the fries on a tray lined with absorbent paper
- The fries at this stage may lose their crispiness so before serving, bring the oil back to 180°C and cook the fries until crisp again, about 1 minute
- Drain again on clean absorbent paper, season well with salt, serve