

RECIPE BY TAKUMI AMBASSADOR: TOM KERRIDGE

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# SMOKED HADDOCK OMELETTE

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This is our play on the classic ‘Omelette Arnold Bennett’ and, although you might not have seen anything like this before, it’s full of familiar flavours. It’s one of the beautiful, rich starters we serve at ‘The Hand and Flowers’, showcasing great British ingredients.

## Overview

- Servings: 4
- Preparation & cooking time: 50 mins
- Difficulty: More effort

# RECIPE

## STEP 1: HADDOCK POACHING

### Ingredients

- 1 x 600g side of smoke haddock skin and pin bones removed
- 568ml whole milk

### Method

1. Place the milk into a wide based sauce pan.
2. Bring up to the boil.
3. Carefully lay the haddock into the milk.
4. Place a lid on the pan and turn the heat off, leaving the haddock to poach in the residual heat.
5. When the haddock is cooked remove from fish from the milk and gently flake the haddock in to a tray lined with grease proof paper and cling film the tray until needed.
6. Pass the milk in to a clean sauce pan and keep to one side.

## STEP 2: SMOKED HADDOCK BÉCHAMEL SAUCE

### Ingredients

- 500ml smoked haddock cooking liquor
- 30g butter
- 30g plain flour
- Salt and pepper to taste

### Method

1. To make the white sauce place the smoked haddock poaching liquor onto the heat and bring up to a gentle simmer.
2. In a separate pan also place on to the heat and melt the butter.
3. Add the flour and cook out the roux for two minutes.
4. Ladle in the warm milk to make the white sauce, keep stirring until all the milk is added and the sauce is smooth and bubbling away.
5. Cook the sauce out for twenty minutes on a very low heat to cook out the raw flour.
6. Pass through a fine chinois and cover with a cartouche or cling film and cool in the blast chiller.

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### STEP 3: OMELETTE GLAZE

#### Ingredients

- 4 tbsp warm smoked haddock béchamel
- 4 medium egg yolks
- 4 tbsp hollandaise sauce  
(please see the sauce section for the recipe)

#### Method

1. In a sauce pan gently warm the béchamel sauce.
2. Pour the béchamel sauce into a mixing bowl.
3. Then add the hollandaise sauce and egg yolks.
4. Whisk the three ingredients together.
5. Season and pass through a chinoise into a warm container.
6. To stop the glaze from splitting and going cold keep in a warm place.
7. We keep ours on a rack above the stove.

### STEP 4: BLENDED EGGS

#### Ingredients

- 12 medium sized free range eggs

#### Method

1. Crack the eggs into a blender and quickly blend.
2. Pass through a chinois into a measuring jug.

Recipe continues on the next page...

## STEP 5: MAKING THE OMELETTE

### Method

1. Place four omelette pans on a low stove.
2. Remove the haddock from the fridge, also remove the cling film and warm under the salamander.
3. To each pan add a ½ a table spoon of butter and heat till foaming.
4. Fill each pan half way up the sides with the blended egg.
5. With a Maurice ( this is what we call a spatulas) gently work the eggs around the pan.
6. Once the eggs start to firm up remove from the heat, you will want the eggs to be just cooked and slightly loose as they will carry on to cook.
7. Season the cooked eggs with table salt freshly ground black pepper.
8. Divide the parmesan between the pans.
9. Evenly divide the smoked haddock between the omelette pan.
10. Then spoon the glaze, to cover the smoked haddock, right to the edges of the pan.
11. Keep this as neat as possible.
12. If the glaze goes down the side of the pan, wipe the mess away as this will burn on the side when blow torching.
13. To finish the omelette caramelize the glaze with a blow torch.
14. Move the flame over the top of the omelette till fairly dark, the bitterness will balance out the richness of all the other ingredient's.



# INFORMATION & GUIDELINES

## DISCLAIMER

- If any of the ingredients in this recipe cause you an allergic reaction, please to not undertake its preparation.

## FREEZING GUIDELINES

- This dish is not suitable for home freezing.