

STIR-FRIED CRAYFISH OMELETTE



Ingredients (serves 4 people):

Broth

150 ml chicken stock

3 tbsp Chinese rice wine or dry sherry

1 tsp sesame oil

2 tbsp Vietnamese fish sauce

Omelette

6 large eggs

1 tbsp palm sugar

1 tbsp Vietnamese fish sauce

300 g crayfish meat, chopped

100 g snow pea shoots

3 spring onions, chopped, for garnish

150 ml peanut oil

4 tbsp oyster sauce

Preparation:

1. Combine all the broth ingredients, bring to the boil and keep warm.
2. Beat the eggs with the sugar and fish sauce until the sugar dissolves.
3. Combine the crayfish meat, snow pea shoots and chopped spring onion.
4. Heat the oil in a wok until smoking.
5. Pour in the egg mixture, tipping the wok to ensure a wide coverage.
6. Cook for 2-3 minutes then add the crayfish mixture, placing it in the centre.
7. Cook for a further 3 minutes then remove from the heat.
8. Pour off the oil, fold the omelette and put back on heat for another 1-2 minutes.
9. To serve place the omelette on a platter and pour warm broth over the top.
10. Top with the oyster sauce and reserved spring onion halves.
11. Cut into four pieces and serve, along with a measure of broth.