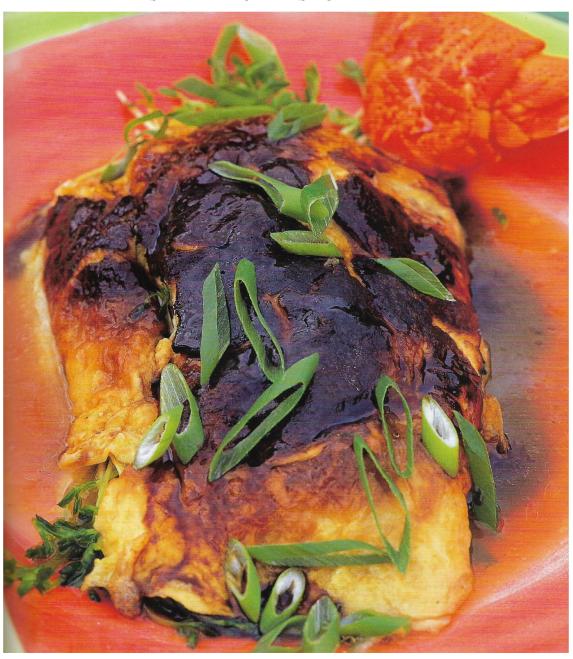
STIR-FRIED CRAYFISH OMELETTE



Ingredients (serves 4 people):

Broth

150 ml chicken stock3 tbsp Chinese rice wine or dry sherry

1 tsp sesame oil

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.