

ROCKPOOL

Stir Fried Spanner Crab Omelette



2 cups vegetable oil
3 small free range eggs, gently whisked
100g cooked spanner crab meat
1 cup bean sprouts
Small handful snow pea sprouts
¼ bunch garlic chives, cut into 5cm lengths
Steamed Jasmine rice, to serve
Oyster sauce, to serve

Broth

150ml chicken stock
1 tsp palm sugar
2 tbsp soy sauce
Two drops of sesame oil

To make the broth, combine all ingredients except the sesame oil in a pot. Bring to boil, making sure that the palm sugar has dissolved, then remove from the heat and add the sesame oil.

Heat the vegetable oil in a wok over a high heat. When the oil begins to smoke pour in the whisked egg mixture - the egg will puff up and bubble immediately.

Using a fish slice, knock out some of the air from the egg whilst gently shaking the wok to ensure that the egg hasn't stuck to the bottom. Cook for 15-30 seconds or until the base is golden (you can use the fish slice to lift the sides and peek at the base).

Remove from the heat and gently drain the oil from the wok. To do this, lift the omelette from one side and carefully pour the oil into a dry metal or glass container.

Place the cooked crab meat in the centre of the omelette and top with the sprouts and chives. Roll one side of the egg over the filling and roll omelette over to form a cigar shape. Pour in some of the broth and place the wok back onto the heat. Allow to simmer for a minute to heat through the crab and vegetables.

Remove the omelette from the wok with an egg lifter and place onto a board. Trim off the ends and transfer to a bowl, pour the remaining broth around the omelette and finish with a spoonful of oyster sauce over the omelette.