

## The Farmer's Wife Soufflé Omelette (from Worldwide Gourmet)



Total time: 15 to 30 minutes

Preparation time: 5 minutes

Cooking time: 15 minutes

Difficulty: Easy

A recipe from Pierre Faucher of the Sucrierie de la Montagne in Rigaud, Québec

This is an attractive dish: a nicely puffed omelette with a pretty golden crust, glistening with amber maple syrup.

Be careful not to overcook the omelette or the soufflé will fall... and will become too dry!

There is also an older version of this recipe in which little pieces of bacon are browned in a skillet and the mixture poured over the top, giving the omelette an incomparable flavor.

Ingredients for 6 servings

- 10-12 eggs
- 7 level tbsp. icing sugar
- A pinch of salt
- 30 g (2 tbsp.) butter or bacon bits (lardon)
- maple syrup

Method

1. Break the eggs and separate the yolks from the whites. Whisk the yolks with 5 tbsp. icing sugar until light and pale;
2. Beat the egg whites with a pinch of salt; when they begin to hold their shape, add 2 tbsp. icing sugar and continue to whip until stiff peaks form;
3. Fold the egg yolks into the whites, mixing gently so as not to deflate the whites;
4. the omelette must now be cooked immediately.

### **Oven-Cooking Method**

1. Generously butter an ovenproof dish (or use one in which you have browned some bacon pieces in their fat); pour in the omelette mixture and place on the middle rack of an oven preheated to 180°C (350° F) oven for 12 to 15 minutes; the omelette should be nicely browned;
2. Once the omelette comes out of the oven, drizzle it with maple syrup and serve immediately.

### **Or: Skillet-Cooking Method**

1. Brown the bacon pieces or melt the butter in a skillet, preferably non-stick;
2. Pour in the omelette mixture and place over low heat for about 15 minutes;
3. Once the mixture is set, shake the pan occasionally to ensure the omelette is not sticking;
4. Once cooked, pour the maple syrup over top and quickly place the omelette under a very hot broiler to brown the top.