

Dau Dua Trung Chien (Snake Bean Flat Omelettes)

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: Asian shallot, eggs, garlic, limes, snake beans or green beans

Recipe source: Adapted from *Little Vietnam* by Nhut Huynh (Penguin Lantern 2009)

Traditionally, this dish is made with duck eggs, which have a stronger flavour than chicken eggs.

Note: This recipe is perfect for schools who keep ducks, but if you don't have any you can substitute chicken eggs. You can also substitute snake beans for green beans.

Equipment:

2 large bowls
whisk
clean tea towel
chopping board
cook's knife
metric measuring spoons
juicer
small serving bowl
frying pan
wooden spoon
spatula
serving plate

Ingredients:

For the omelettes:

9 eggs, beaten
1 Asian shallot, finely chopped
12 snake beans or 24 green
beans, finely chopped
1 tbsp fish sauce
pinch of white pepper
2 tbsp sunflower oil
1 large garlic clove, chopped

For the dipping sauce:

1 garlic clove, finely chopped
juice of 1 lime
1 tbsp fish sauce
2 tbsp caster sugar
tiny drop of chilli sauce



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.

To make the dipping sauce:

1. Mix all of the ingredients together in the small serving bowl and set aside.

To make the omelettes:

1. Combine the beaten egg with the shallot, beans, fish sauce and white pepper and whisk well.
2. Heat half of the sunflower oil in the frying pan over a medium heat and add half of the garlic. Cook, stirring frequently, until the garlic starts to turn golden.
3. Whisk the egg mixture briefly again, then pour half into the frying pan. Tilt the pan to ensure that the egg mixture spreads evenly in a thin layer.

4. Cook over a medium heat for 3–5 minutes or until the egg has set, then use a spatula to cut the omelette into four pieces.
5. Turn each piece over and cook for a further 2 minutes or until golden.
6. Slide the cooked pieces onto the serving plate, then repeat with the remaining oil, garlic and egg mixture.
7. Serve the warm omelette quarters with the dipping sauce on the side.

