

# Omelette Arnold Bennett



**Serves 2**

**Prep 20 mins**

**Cooking 30 mins**

**Easy**

## Ingredients

700ml milk

2 cloves

1 bay leaf

a few parsley stalks

1 onion, chopped

1 undyed smoked haddock fillet (±300g)

5 large free-range eggs, + 1 yolk

15g butter, +extra knob for cooking

15g plain flour

50g Parmesan, finely grated

1 tbsp crème fraîche

salt and pepper

1. Put the milk, cloves, bay leaf, parsley stalks and onion in a wide, shallow pan and bring to the boil. Remove from the heat and leave to infuse for 10 minutes.
2. Bring the milk back to a simmer. Cut the haddock fillet in half & place in the milk, making sure it's submerged. Turn off the heat, place a lid on the pan & leave to poach in the milk for 10 mins, or until the fish is cooked & the flesh flakes easily.
3. Remove the haddock from the pan and reserve the poaching liquor. Once cool enough to handle, remove and discard any bones and skin. Flake the flesh into large pieces and set aside until needed.
4. Strain the milk and measure out 300ml into a saucepan and reheat.
5. Whisk the 5 whole eggs in a bowl and season with salt and pepper.
6. To make a béchamel sauce, melt the butter in a clean pan. Stir in the flour and continue cooking for a few mins. Slowly add the warmed milk, whisking the whole time. Keep cooking over a gentle heat for about 5 minutes until it is the consistency of wallpaper paste, then take off the heat. Season to taste and transfer to a bowl.
7. Melt a knob of butter in a 23cm cast iron pan or heavy-based frying pan. Cook the whisked eggs over a very gentle heat until just set on the bottom but still liquid on top. Sprinkle with the Parmesan and add the flaked haddock to the pan.
8. Mix the béchamel sauce with the egg yolk and crème fraîche. Spoon this on top of the haddock, then use a blowtorch to glaze the top (or place under a grill preheated to the hottest setting). Move the flame over the omelette until it's golden brown and caramelized. Serve in the pan.