



Omelets & Frittatas

jennie Shapter

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How many times have you found yourself long on appetite and short on time? "Omelets and Frittatas" will give you plenty of ideas for those moments when hunger strikes and your cupboards are bare. Thanks to Jennie Shapter, you can make something delicious for any meal of the day or even a party with just some eggs and a couple of standby ingredients. Omelets are always a favourite; try a traditional Summer Herb Omelet or experiment with a Thai Stuffed Omelet. Use the season's best vegetables for deliciously simple frittatas with mushrooms or grilled bell pepper or center a feast around a wonderfully filling Spanish omelet like the Classic Tortilla Espanola (with potatoes and onion) or succulent Tortilla with Artichokes and Serrano Ham.

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