

Farmer's omelette with 'Bergkäse' (cheese produced in the Alps)



Whether for breakfast, at supper or as a snack in between times, this version of the farmer's omelette is always an excellent source of high-quality protein. It is especially quick to prepare if cooked potatoes from the previous day are available from the fridge.



Ingredients for 2 persons:

250 g cooked potatoes
80 g grated Bergkäse
40 g onion
40 g red pepper

40 g tomatoes
6 eggs
2 tbsp chives, chopped
2 tbsp oil for frying (e.g. refined rapeseed oil)
Salt, pepper

Tip: The Bergkäse can be replaced by ham or bacon – this would then be the classic version of the farmer's omelette. Another alternative is smoked tofu which can also be lightly browned before adding the egg. For anyone who prefers smoked salmon, this should be added together with the eggs into the omelette mould.

Preparation (c. 30 minutes):

Peel the potatoes and cut into 1 cm x 1cm cubes. Wash the vegetables and chives, chop the pepper and tomatoes into 5 mm x 5 mm cubes and chop the chives finely. Chop the onion into small pieces.

Next break the eggs into a bowl, whisk and season with salt, pepper and the chives.

Briefly fry the potatoes in a hot pan with 2 tbsp oil until they are light golden-brown. Then add the cubes of pepper to the potatoes, fry for 2 to 3 minutes and add the onion and tomato cubes. Fry for a further 2 to 3 minutes, stirring continuously.



Finally add the fried vegetables, cheese and the eggs to a flat omelette mould and cook at 150 °C (pre-heated oven) for 10 minutes.

Alternatively it is also possible to cook everything in a similar way to scrambled eggs by adding the cheese and eggs directly to the pan used for frying the vegetables at the end. With this method, the mixture should be stirred continuously until the egg is cooked so that the cheese does not burn.

Serve the omelette on a plate.

Enjoy trying out this dish. Bon appetit!
