

B-J's Family Favourite Recipes

Laurence's Egg and Onions

A favourite with my Father Alf for a light lunch or snack with two onions and lots of ground black pepper. Pers of Tabasco.



Manchester's
Laurence

Ingredients

- 1 Large onion, coarsely chopped.
- 4 Eggs, lightly beaten
- Vegetable oil. (I prefer virgin olive)



Method

Heat the oil in a frying pan and cook the onion on a low heat until soft and golden. Add the eggs with salt and pepper to taste, stirring until the eggs have cooked but are still soft.

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Compiled, designed and produced by Stan Rose for British-Jewry

Recipe No.

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