

## Shrimp Omelet (Egg Fu Yung) Recipe

### Ingredients:

8 large fresh eggs at room temperature  
1 cup peanut oil  
¼ teaspoon salt  
Pinch freshly ground white pepper  
¼ cup finely sliced green parts of scallion  
250 g medium shrimps, shelled, de-veined, and cut in half

### Method:

In a large bowl, whisk the eggs briskly with 1½ tablespoons of the peanut oil until frothy. Mix in the salt and white pepper and stir in the scallions. Reserve. Heat a wok over high heat for 30 seconds, add the remaining oil, and heat to 175°C. Add the shrimps and fry, turning frequently, until they curl and turn pink, about 30 seconds. Turn off the heat, remove the shrimp with a Chinese strainer, and drain and cool slightly. Pour the oil from the wok into a bowl and wipe the wok clean with paper towels. Add the shrimp to the beaten eggs and stir in gently. Heat the wok over high heat for 20 seconds, return 2 tablespoons of the peanut oil to the wok, and coat the wok with it using a spatula. When a wisp of white smoke appears, stir the eggs briefly once again and pour into the wok. Cook the eggs, stirring gently with the spatula until the eggs are softly scrambled but not runny, about 3 minutes. Turn off the heat, transfer the eggs to a heated platter, and serve, sprinkled with the scallions.

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