

Edward the VII's Favorite Omelet

Ingredients:

2 free range eggs

1 tbsp (15ml) chives

2 tbsp (30 ml) milk

3.5 oz (100 g) Nova Scotia lobster meat

1 cup (250 ml) local and wild mushrooms

2 oz (60 ml) 41 Fortified White Wine (Gold medal winner at All Canadian, produced by Grand Pre wine)

1 oz (30 ml) Seyval Blanc (Gold medal winner at the Atlantic wine awards, produced by Grand Pre wines)

3 oz (90 ml) heavy cream

Shaved Old Growler Gouda (produced by The Dutchman's cheese farm)

Sauce

Sauté mushrooms in 1tsp (5ml) butter, add Seyval Blanc, allow to simmer for 30 seconds. Add the fortified wine and bring to a boil then add cream and reduce by 30%. Season to taste with sea salt and white pepper.

Omelet

Whisk together the eggs and milk with a pinch of salt. Cook in a lightly buttered pan until just set. Place the omelet on a plate fill with the sauce mixture and lobster, garnish with the old growler Gouda and chives. Serve.

Serves 1.

Recipe provided by:

Chef Jason Lynch

Restaurant LeCaveau at Domaine de Grand Pré

(www.grandprewines.com)