

Basic Omelet Recipe

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

Less is always more when it comes to stuffing omelettes. Overstuffed omelets will be harder to roll. Too many added ingredients will also overpower the delicate nature of the omelet.

The ingredients with which to fill an omelet are endless, so they can never get boring. Cheese, herbs, meat, seafood or vegetables can all be added to omelets.

Step 1: Preparing Your Mise en Place

- 2 to 3 large, fresh eggs
- 1 tsp unsalted butter
- sea salt, to taste
- white pepper, to taste (optional)

In a small bowl, blend the eggs with a fork until well combined. They should have no traces of egg white left. Season with salt and pepper. Gather the butter and set aside.

Step 2: Cooking the Filling (optional)

If you plan to fill your omelet with ingredients that contain high water content, such as zucchini, peppers, or mushrooms, make sure to cook them in advance to remove the excess moisture.

Other items, such as ham or shrimp can be added cold or warmed in a pan in advance.

Step 3: Cooking the Omelet

To cook the omelet, preheat a 6" to 7" -inch non-stick skillet over medium to medium-low heat.

Add the butter to the pan. Once melted, add the eggs and scramble with a heat-resistant spatula. Once the eggs begin to set a bit, shake the pan back and forth while still scrambling, so the runny egg fills in any gaps or holes on the bottom.

Once the egg has almost set, turn off the heat and evenly smooth out.

Step 4: Filling, Folding and Serving

Immediately add a bit of filling, if desired (less is always more), on one third of the omelet. Let sit for about 30 seconds to set.

Using the spatula, fold the omelet over the filling, like the first fold of an envelope. Slide or jiggle the omelet to the edge of the pan. Place the open end onto the plate and flip the omelet over to finish folding the "envelope". Serve immediately.