



Omelette

Ingredients

- 3 eggs, whipped
- Any ingredients desired (onions, spinach, mushrooms, tomatoes, cheese, peppers, ham, bacon, turkey, sausage, etc)
- Pinch of kosher salt and pepper
- Butter, clarified if possible (can be substituted with your choice of oil)

4. Add butter and any ingredients that are going to take longest to cook, such as raw mushrooms, onions, and peppers.

5. Once they start to sweat, add cooked meats. If you're adding any tomatoes or spinach, make sure to add those last.

6. Add eggs. Keep pushing the cooked eggs towards the center, lifting the edges and tilting the pan to get the raw egg under the cooked eggs.

7. Once it is glossy and mostly cooked, flip your omelette and add cheese to half of it.

8. Fold it over to get all cheese on one side.

9. Cook for 10 – 20 seconds, flip and cook for another 10 seconds, or until omelette is fully cooked. Unless pasteurized, raw eggs may contain salmonella and must be cooked thoroughly.

Instructions

1. Whip eggs, add salt, and let sit at room temp.
2. Prep your vegetables, meats, and cheese.
3. Heat 10" nonstick pan till hot.