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THIRTY-SECOND OMELETS

Yield: 1 omelet

Time: 15 minutes

INGREDIENTS

- 2 large eggs
- 2 tablespoons of water
- Salt and pepper
- 1 tablespoon butter - unsalted
- 1/4 to 1/2 cup fillings - chopped tomato, chopped onion, olives, cheese, diced vegetables

DIRECTIONS

Beat together eggs and water to blend. In a 10-inch non-stick pan, heat butter until it sizzles. Pour in egg mixture. As eggs cook, use an inverted spatula to pull cooked portions to the center so uncooked eggs can reach the hot pan surface, tilting the pan and moving it as necessary to keep the round of eggs on the bottom of the pan. Continue to tilt and move the pan until the eggs are set and no longer flow, but are still very wet on the top (about 20 seconds). Don't overcook! Eggs will finish cooking when omelet is folded.

Sprinkle all of the chosen filling on the left side of the omelet (right side for left-handers); slide the spatula all the way under the unfilled side of the omelet up to the center. Fold the unfilled side entirely over the filled side. Set the spatula aside.

To serve, hold the pan in your right hand, a plate in your left and invert the pan so the omelet falls upside down on the plate. (Left-handers, reverse appropriately.) Garnish as desired.

NOTES

Suitable fillings for omelets could include meat, poultry or seafood – ham, bacon, chicken, and shrimp. Add some vegetables if you like - mushrooms, bell peppers, onions, black olive, tomatoes, spinach. Cheese is a natural with eggs, of course, and think of flavorings you might add... Salsa? Ranch dressing? Or make dessert omelets with pecans or apple pie filling! Truly, the options are endless.