

# How to Make the Perfect Omelet

- **Choose the right size of pan.** A three-egg omelet requires an eight-inch pan. The pan should be nonstick.
- **Whisk the eggs together in a bowl.**
- **Put a pat of butter in your nonstick pan.** Place it on medium-high heat. On our stovetop, a high BTU gas burner, that's 6 out of ten. Heat the butter to just short of brown and swirl it around the pan.
- **Pour the eggs into the hot pan.** Salt and pepper the eggs.
- **Scramble the eggs** with a soft silicone spatula scraping the bottom and sides of the pan. The eggs will cook quickly and curds will form.
- **When the eggs approach the consistency of cottage cheese** with mostly solids but some liquid egg, stop stirring. Use the spatula as a paddle to pat the eggs down into an even layer. Let the eggs continue cooking until the liquids are set and the top of the omelet is cooked.
- **Place the fillings in a row across the omelet** just off to one side. For most fillings, you will want them pre-cooked.
- **The omelet should slip around in the pan** without a hint of sticking. Move the pan to a plate, tip the pan on angle over the plate, and gently shake the omelet onto the plate filling side first.
- **When the omelet is about half onto the plate**, twist the pan with your wrist folding the remaining omelet over that on the plate. The omelet should be folded over with the bottom edge protruding about one-half inch.
- **Your omelet should be golden brown and puffy** with the interior set and any cheese melted. A three egg omelet should cook in five minutes or less. For larger omelets, use larger pans.



## Cheese Omelet with Green Pepper

### Ingredients

1 tablespoons butter  
2 tablespoons sweet onion, finely chopped  
1/2 cup green bell pepper, chopped

3 eggs  
1 tablespoons milk  
salt and pepper  
1/2 cup cheddar cheese, grated

### Directions

1. In one tablespoon of melted butter, sauté the chopped onions and green peppers over medium heat for four or five minutes, until vegetables are tender. Set aside.
2. Choose the right size of pan. A three-egg omelet requires an eight-inch pan. The pan should be nonstick.
3. Whisk the eggs together in a bowl.
4. Put a pat of butter in your nonstick pan. Place it on medium-high heat. On our stovetop, a high BTU gas burner, that's six out of ten. Heat the butter to just short of brown and swirl it around the pan.
5. Pour the eggs into the hot pan. Salt and pepper the eggs.

6. Scramble the eggs with a soft silicone spatula scraping the bottom and sides of the pan. The eggs will cook quickly and curds will form.
7. When the eggs approach the consistency of cottage cheese with mostly solids but some liquid egg, stop stirring. Use the spatula as a paddle to pat the eggs down into an even layer. Let the eggs continue cooking until the liquids are set and the top of the omelet is cooked.
8. Place the vegetable filling just off-center of the omelet.
9. The omelet should slip around in the pan without a hint of sticking. Move the pan to a plate, tip the pan on angle over the plate, and gently shake the omelet onto the plate filling side first.
10. When the omelet is about half onto the plate, twist the pan with your wrist folding the remaining omelet over that on the plate. The omelet should be folded over with the bottom edge protruding about one-half inch.
11. Sprinkle the remaining cheese over the omelet and serve hot.

## Pepperoni Tomato Omelet

This is an Italian omelet made with tomatoes, pepperoni, garlic, and herbs. It is spicy and good.

### Ingredients

1 Roma tomato, diced  
4 slices pepperoni, cut into eighth-inch strips  
1 teaspoon dried basil (or 1 1/2 tablespoons fresh)  
1 teaspoon dried parsley (or 1 1/2 tablespoons dried)  
1/2 teaspoon clove garlic, minced  
1 scallion, minced  
1 tablespoon butter

3 eggs, lightly stirred  
salt and pepper  
1 tablespoon butter



### Directions

1. For filling: In a small pan, sauté the garlic and scallion in one tablespoon of melted butter, two or three minutes. Add the diced tomatoes, pepperoni strips, basil and parsley. Heat thoroughly and set aside.
2. Choose the right size of pan. A three-egg omelet requires an eight-inch pan. The pan should be nonstick.
3. Whisk the eggs together in a bowl.
4. Put a pat of butter in your nonstick pan. Place it on medium-high heat. On our stovetop, a high BTU gas burner, that's six out of ten. Heat the butter to just short of brown and swirl it around the pan.
5. Pour the eggs into the hot pan. Salt and pepper the eggs.
6. Scramble the eggs with a soft silicone spatula scraping the bottom and sides of the pan. The eggs will cook quickly and curds will form.
7. When the eggs approach the consistency of cottage cheese with mostly solids but some liquid egg, stop stirring. Use the spatula as a paddle to pat the eggs down into an even layer. Let the eggs continue cooking until the liquids are set and the top of the omelet is cooked.
8. Place 2/3 of the tomato and pepperoni filling just off-center of the omelet.
9. The omelet should slip around in the pan without a hint of sticking. Move the pan to a plate, tip the pan on angle over the plate, and gently shake the omelet onto the plate filling side first.
10. When the omelet is about half way onto the plate, twist the pan with your wrist folding the remaining omelet over that on the plate. The omelet should be folded over with the bottom edge protruding about one-half inch.
11. Sprinkle with the remaining filling and serve hot.