Omelets

Quick · Serves 1 (repeat for more)

Ken's note: TBD

A French-style omelet is pale, soft, and quick. Make one at a time in an 8-inch nonstick pan.

Ingredients

- 3 large eggs
- 1 Tbsp butter
- Salt and pepper
- ¼ cup fillings, cooked and warm (see below)

Method

1. Beat the eggs with a pinch of salt until no streaks remain. Melt the butter in the pan over medium heat until foamy. Pour in the eggs and stir with a spatula for about 20 seconds, then tilt and lift the edges so raw egg runs underneath. When the top is just set but still glossy, add the filling to one half, and fold the other half over (or roll it) onto a plate. Total cooking is under 2 minutes.
2. **Fillings:** ham and Gruyère; sautéed mushrooms and spinach; cheddar and chives; tomato, basil, and mozzarella; goat cheese and herbs; peppers, onions, and sausage (Denver). Cook any vegetables or meats first.