



# Omelets

2–3 eggs, large

1–2 teaspoons butter,  
unsalted

Kosher salt

Black pepper, freshly ground

## Additions (optional)

You'll need about  $\frac{1}{4}$  to  $\frac{1}{2}$  cup  
total of fillings, such as:

1 TBSP chopped herbs

a few baby spinach leaves

sliced, sautéed mushrooms

diced ham

grated cheese (such as  
Parmesan, cheddar,  
Gouda, Swiss)

cooked, crumbled bacon

diced, sautéed peppers

diced, sautéed onion



**1 serving**

- 1 Make sure all vegetable and meat fillings are cooked and ready.
- 2 In a small bowl, crack and fork-whisk eggs until whites and yolks are well blended.
- 3 Season with salt and pepper.
- 4 Heat a teaspoon of butter in a skillet (egg mixture should only be about 1/4-inch thick in the pan) over medium-low heat until melted.
- 5 Use a spatula to move butter around the entire pan.
- 6 When butter foaming has subsided, pour in the eggs.
- 7 Use a spatula to stir the eggs to the center of the pan or tilt the pan so that the egg liquid comes in contact with the hot surface. As the eggs thicken, gently spread them over the bottom of the pan.
- 8 Add in your filling ingredients.
- 9 Change to underhand grip on pan. Tilt the pan to about 45°. Fold the edge closest to you toward the center of the pan. Slide the omelet onto a plate and use the pan to fold the omelet a second time.
- 10 Let the omelet rest a moment. Ms. Child recommends brushing the top with a bit of butter!