

CUSTARD STYLE OMELETTE

F EASY

Last Modified: 02/10/2016

PREP: 5 Min
COOK: 5 Min
STOVETOP

BREAKFAST

MAKES 1 SERVING

QUA	MEASURE	INGREDIENT	PROCESS
3	Large	Eggs	Well Beaten
1	Tbsp	Unsalted Butter	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

OPTIONAL			
1	Tbsp	Chives	Chopped
1	Tbsp	Green Onions (Greens Only)	Thin Sliced

PREPARATION	
FACTOID	SLOW is the process here. If you are cooking too fast, the Omelette will end up being closer to stuck together scrambled Eggs rather than having a smooth Custard-like texture. It should take a touch over FIVE minutes to cook each Omelette correctly.
OPTION	You may optionally add in various optional COOKED ingredients (Cheese, Bacon, Ham, etc.) just prior to folding up the Omelette.
TOOLS	1) Small Mixing Bowl 2) Small Non-Stick Skillet 3) Silicone Spatula
PREP	DISH In a small mixing bowl, add in the Eggs, Salt and Pepper and beat the mixture until it becomes an even color (NO visible white streaks).
CAUTION	NEVER, EVER, NEVER put a cover on an Omlette while it is cooking - You will end up with a puffy souffle-like textureless Egg mass.
1	Preheat a 6 inch non-stick skillet over low heat. Add in the Butter and heat until it stops bubbling (Do NOT allow it to brown even slightly).
2	Pour the Egg Custard into the skillet and immediately begin slowly stirring the entire bottom surface with a small, flat silicone spatula. Keep breaking free the cooked Egg from the bottom of the pan and mixing it in with the raw Egg. Repeat until about 80% of the runny Eggs have become solid. Make certain that you also mix in the "skin" that is forming on the outer edge of the skillet. Allow the Eggs to finish cooking undisturbed until about 95% solid. Quickly fold over 1/3 of each side of the Omelette (See Picture).
3	Immediately flip the Omelette with the folds down onto a warmed individual plate garnish with Chives or Green Onions.
SERVE	Serve while hot with Salt and Pepper on the side.

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