



Basic French Omelet

Serves 2 or 3 people

- 2 or 3 eggs (1 egg per person)
- 30 to 45 ml water (15 ml of water per egg)
- Salt and pepper, to taste

- Filling of choice – grated cheddar cheese and diced ham

Equipment List
Cutting mat
Knife
Bowl
Small measures
Fork
Spatula
Non-stick frying pan

Method

1. Whisk together eggs, water, salt and pepper.
2. Grate cheese and dice ham.
3. Add 5 ml of oil to a nonstick (20 cm) skillet. Heat on medium-high heat until oil is hot.
4. Do a sizzle test with one piece of ham. Quickly heat up the ham then remove from pan into a bowl.
5. Pour egg mixture into a (20 cm) skillet heated over medium-high temperature.
6. Pour in egg mixture. The mixture should set at the edges almost immediately. With a spatula, gently push cooked portions toward the centre. Tilt and rotate the skillet to allow the uncooked egg to flow into the empty spaces.
7. When egg is almost set on the surface but still looks moist, cover one half of the omelet with filling.
8. Slip spatula under the unfilled side, fold the omelet in half and slide it onto a plate.