

# French Omelet

## Ingredients:

6 eggs (3 eggs per omelet)  
1 tbsp butter  
Salt, pinch  
Pepper, pinch  
Fillings of your choice\*

## Filling Options (per omelet)

*diced ham, onion, bell pepper, mushroom, roma tomato, cheese*

## Fillings- USE SKILLET FOR FILLINGS

- Finely chop any fillings (you will have about 1-2 tablespoons)
  - Heat skillet over medium heat and add one tablespoon of olive oil
  - Sauté the vegetables (they can all go in together)
  - If adding the ham or cheese, add them after the vegetables are sautéed
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## Prepping the EGGS

- Get a bowl of hot water for you to warm your eggs
  - Carefully place first 3 eggs in the hot water and warm for 5 minutes. Someone will need to time how long eggs are in water.
  - After 5 minutes, remove each egg carefully from the warm water and dry off with paper towel
  - Crack warm eggs into bowl, add salt, and blend with fork
  - Heat sauté pan on medium-high heat
  - Once pan is warmed, add ½ of the butter and coat the pan
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## Cooking Omelet

- Pour eggs into center of pan and stir vigorously with rubber spatula for 5 seconds.
- As soon as a semi-solid mass begins to form lift pan and move around until the excess liquid pours off into pan.
- Using your spatula move around the edge of the egg mixture to help shape into round and loosen edge.
- Let omelet sit in pan for 10 seconds without touching.
- **Add the sautéed fillings to one half of the omelet only**
- Shake pan to loosen omelet from pan.
- Lift up the far edge of the pan and snap it back toward you.
- Using your spatula, fold over 1/3 of the omelet.
- Slide omelet onto plate and fold over so that omelet is a tri-fold.
- Coat with remaining butter- add seasonings