

Microwave Cooked Omelet



TIPS:

1. **Salt and Eggs:** Adding a small amount of **salt** to the **eggs** *before* cooking them as shown in step 3 not only enhances **omelet** flavor, it also ensures the **eggs** will turn out soft and tender as shown in the left photo below. **Eggs** cooked without **salt** tend to be tough and rubbery as shown in the photo on the right below.



Preparation Time: 5 minutes

Ingredients
(per person)

Cooking Spray

1-2 Eggs

Milk (optional - makes the cooked eggs slightly more tender)

Salt

Ground Black Pepper

Omelet Filling



Equipment

Microwave Oven Safe Plate

Fork

Potholder or Dishtowel

Microwave Oven



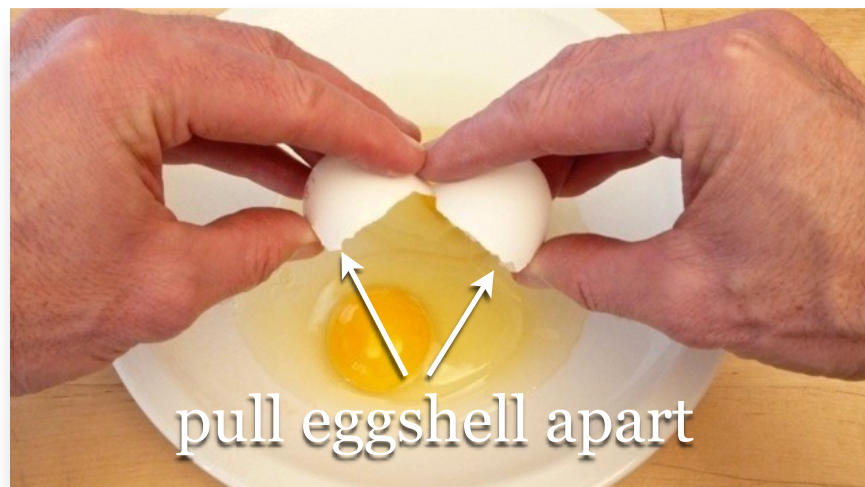
1. Spray a *microwave oven safe plate* with a light, even coat of **cooking spray**.



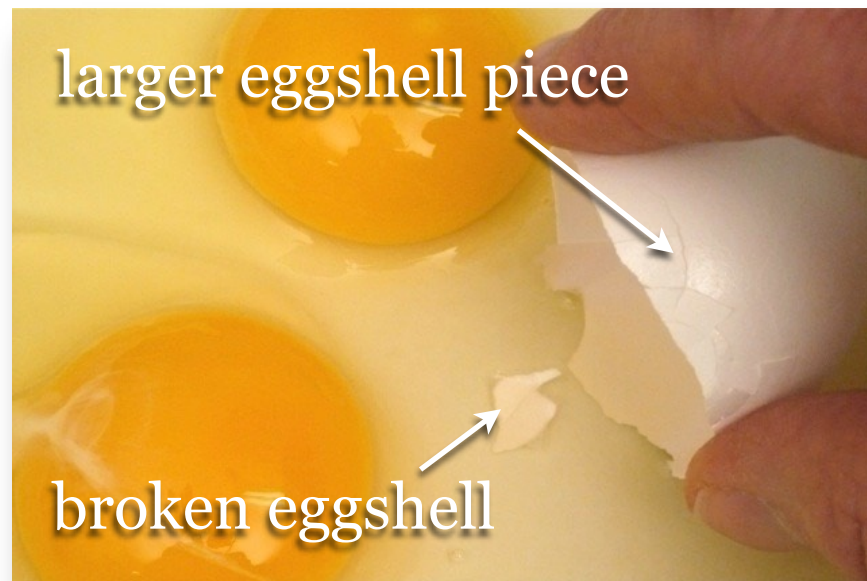
2. Break **1-2 eggs**, one at a time, by holding each **egg** snugly in your hand and tapping it just hard enough on a firm (preferably rounded) surface, like the countertop edge as shown, to crack the **eggshell**.



Use your thumbs to push in on the **crack in the eggshell** to break the **membrane** while gently pulling the **eggshell** apart to release the **egg white** and **yolk** onto the plate.



If necessary, remove any **broken eggshell pieces** from the plate by using a **larger eggshell piece** to attract and scoop up the **smaller eggshell piece(s)**.



3. Add a **light dash of both salt and ground black pepper** and...



...**a shot of milk** as shown here (optional - **milk** makes the **cooked eggs** slightly more tender).



4. Stir the **eggs** vigorously with a fork until...



...the **egg whites** and **yolks** are well mixed together.



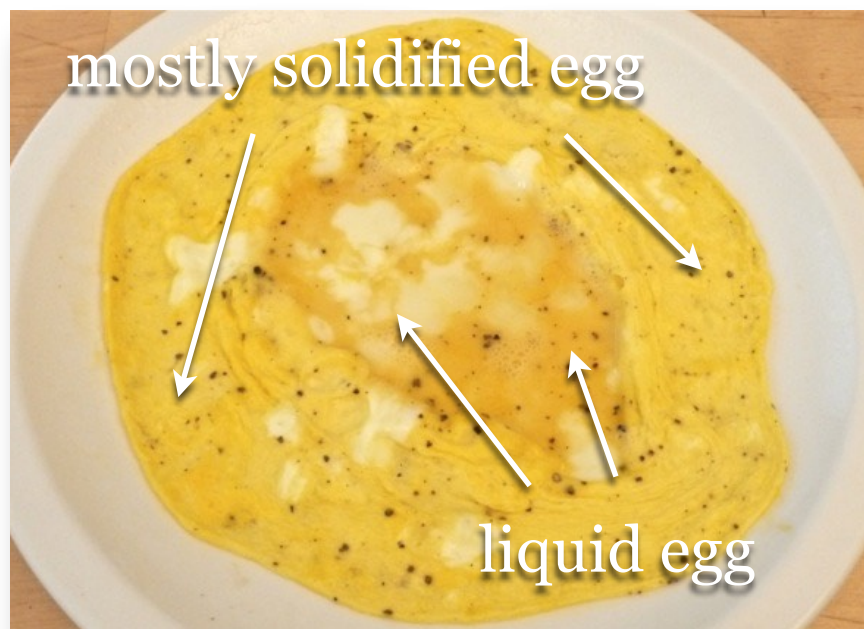
5. Put the plate in the middle of the microwave oven, and cook for about 1 1/2 minutes using your microwave oven's 100% POWER or HIGH heat setting. **NOTE:** I used a 1200-watt microwave oven to cook this **omelet**. Cooking time will vary depending on your microwave oven watt power.



6. Carefully remove the **partially cooked omelet** from the microwave oven with either a potholder or folded dishtowel, and...

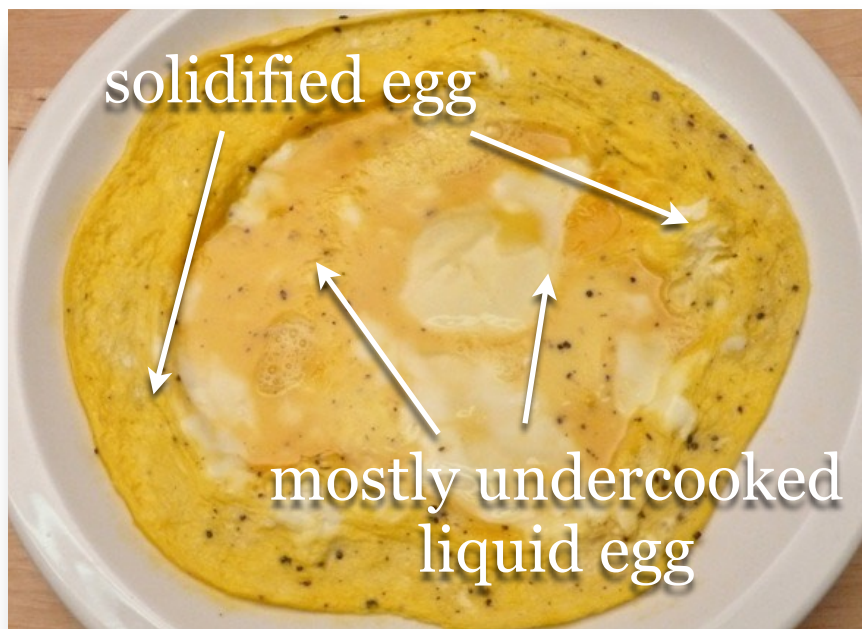


...make sure the **eggs** are mostly cooked through about as shown here. If, however,...



**Partially Cooked Omelet
Ready For Filling**

...your **partially cooked omelet** is still mostly undercooked as shown in the **Undercooked Omelet NOT Ready For Filling** picture below, keep cooking it in the microwave oven at 30 second intervals until the **eggs** are more cooked through as shown in the previous **Partially Cooked Omelet Ready For Filling** picture.



**Undercooked Omelet
NOT Ready For Filling**

7. Add **your choice of filling** to the middle of the **partially cooked omelet**,...



...put the **omelet** back in the microwave oven, and cook again for at least one more minute.



8. Carefully remove the **cooked omelet** from the microwave oven with a potholder or folded dishtowel, and...

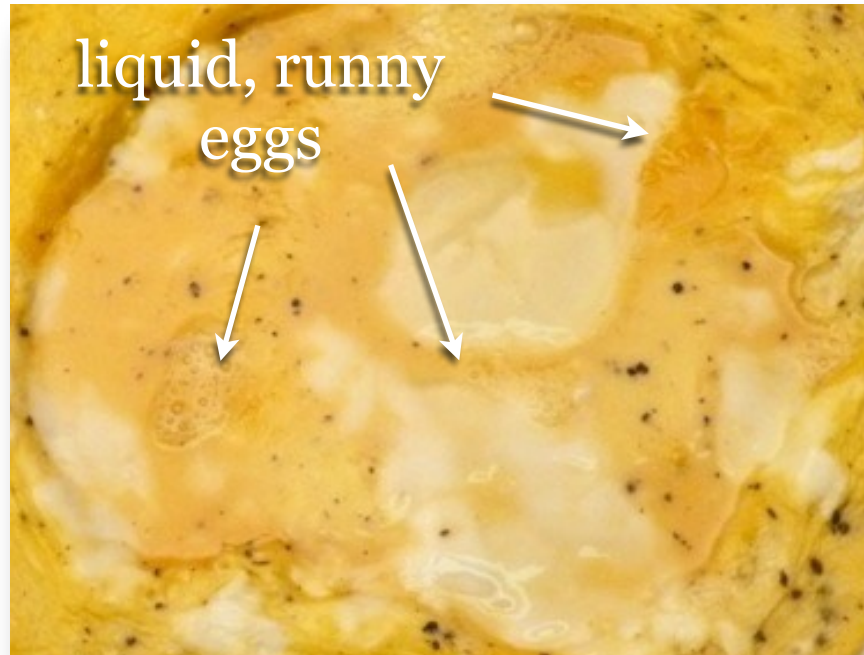


...check the **omelet** for doneness. **Omelets** are safely cooked when the **eggs** are solid throughout with no runny liquid as shown here. If, however,...



Safely Cooked Omelet

...your **eggs** are undercooked like those shown in the following picture - still runny and wet,...



Unsafe, Undercooked Omelet

...keep cooking the **omelet** in the microwave oven and checking for doneness at 30 second intervals until the **eggs** look as shown in the previous **Safely Cooked Omelet** picture.

9. When the **omelet** is safely cooked, carefully use a fork and your fingers to loosen it from the plate and fold it as shown here, and...



...serve warm.



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