

Quick & Easy Stove Cooked Omelet



TIPS:

1. One of the keys to cooking an **omelet** successfully is making sure the pan is heated to the proper cooking temperature, as shown in step 5 below, before adding the **eggs**.

3. **Salt & Eggs:** Adding just a small amount of **salt** to the **eggs** *before* cooking them 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: 2 minutes

Cooking Time: 3-5 minutes

Ingredients
(per omelet)

2-3 Eggs per person (I'm using 2 eggs)

Butter

Light Dash of Salt

Ground Black Pepper

Your Favorite Filling (I'm using a shredded cheese mix)



Equipment

10 – 12 Inch Frying Pan

Small Bowl

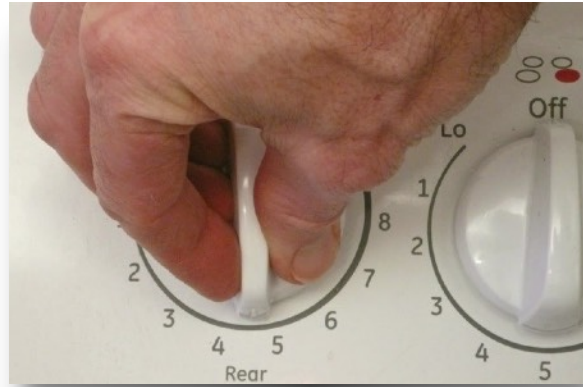
Fork

Spatula

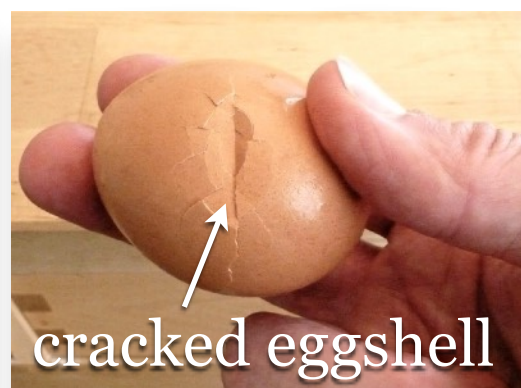
Table Knife



1. Put the frying pan on the stove, and turn on the burner to **MEDIUM** heat.

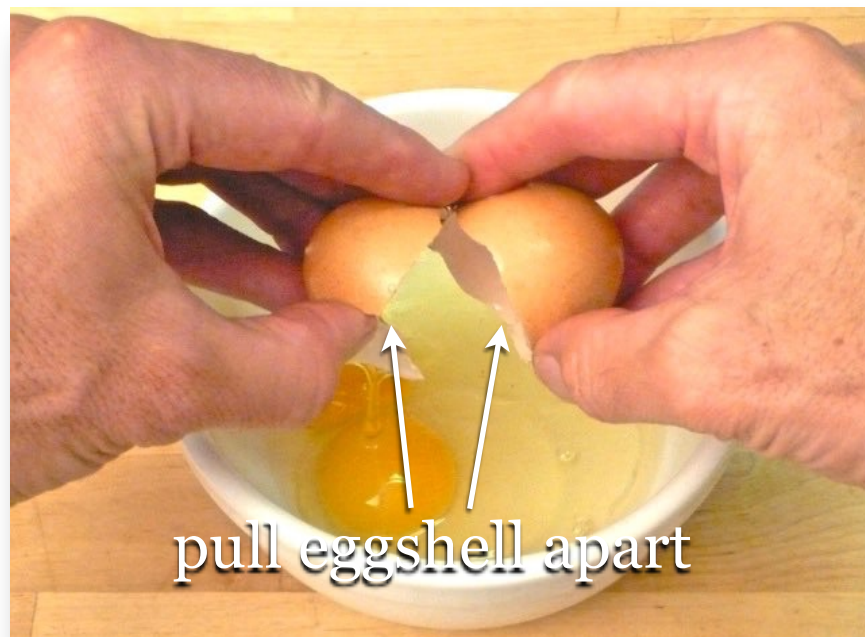


2. Break **2-3 eggs**, one at a time, into a small bowl by holding **each egg** snugly in your hand and tapping it just hard enough on a firm (preferably rounded) surface, like the countertop edge as shown, to crack the **eggshell**.

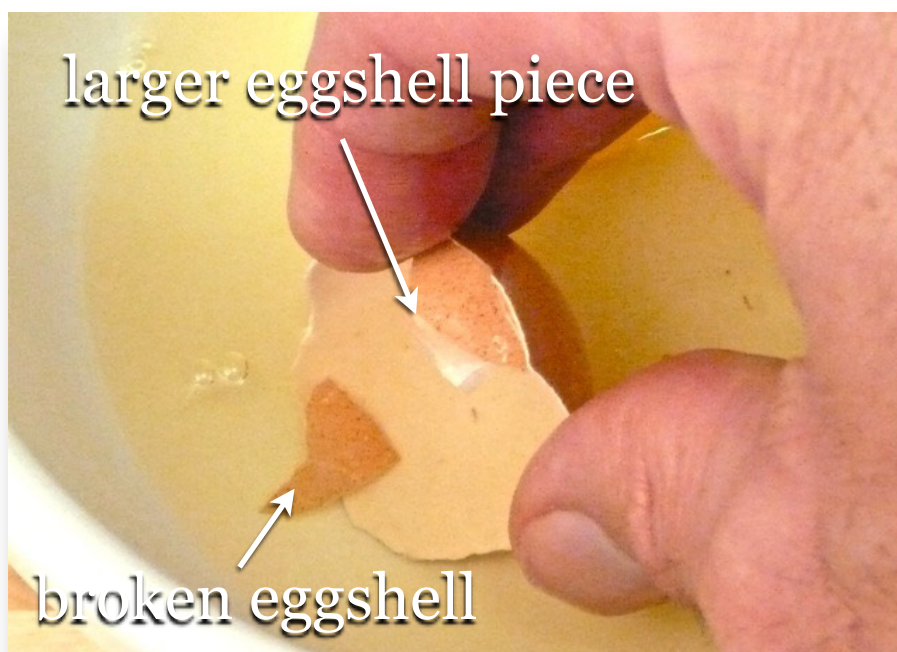


Use your thumbs to push in on the **crack in the eggshell** to break the **membrane** while gently pulling the **eggshell** apart to

release the **egg white and yolk** into the bowl.



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



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



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



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



5. Check the frying pan for the proper cooking temperature by wetting your fingers with tap water and flicking the water onto the pan surface.



The pan is warmed to the proper cooking temperature when the water sizzles on

contact with the pan surface and quickly evaporates. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the heat setting a few notches on the burner you originally used, and heat the pan again. If the water doesn't sizzle on contact, keep heating the pan until it does.)

6. Add **1/4 - 1/3 inch (5-10 mm) piece of butter** to the hot pan with a table knife.



Hold the pan handle, and swirl the **butter** in the pan by rolling your wrist until...



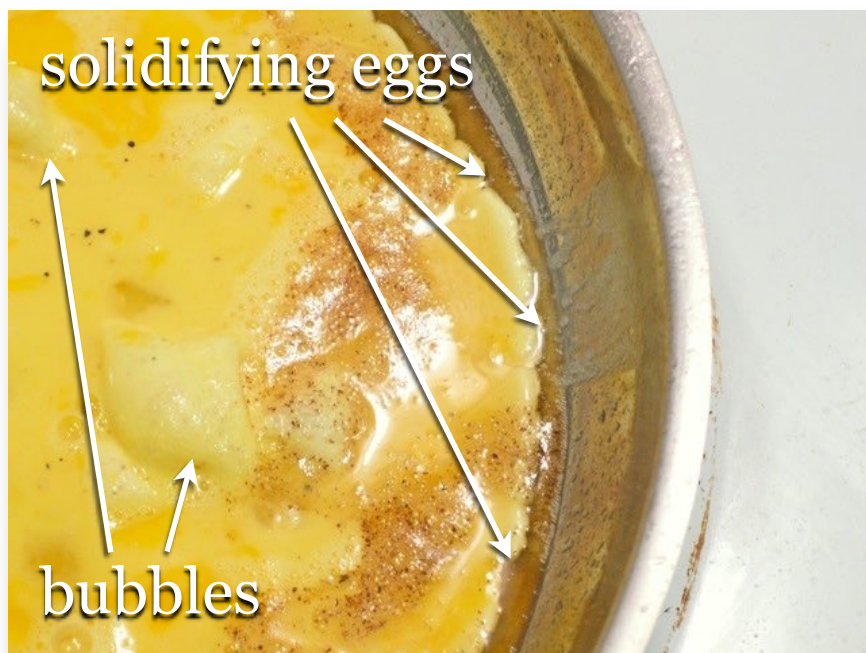
...the pan surface is evenly coated like this.



7. Right away, add the **eggs** to the pan, and...

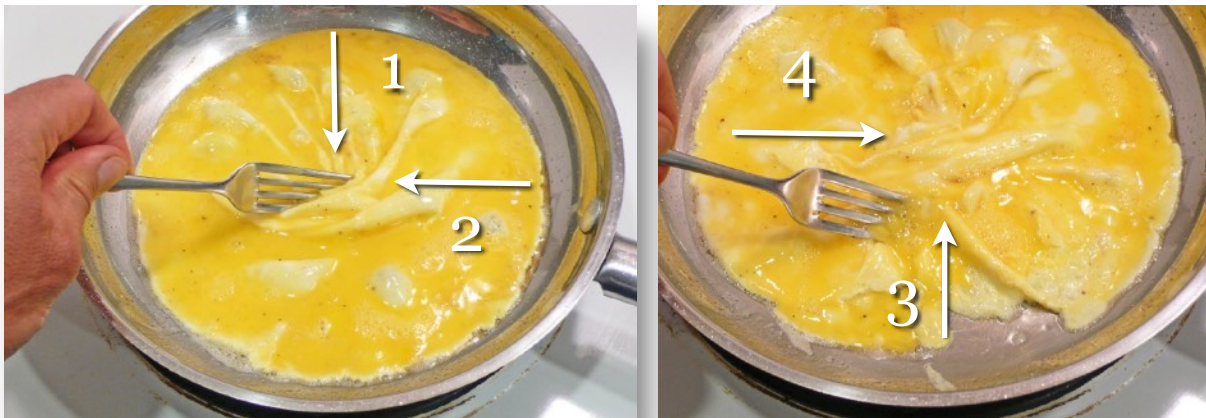


...as soon as they start to bubble and solidify on the pan surface, which will only take a few seconds,...



...make four quick sweeps with the side of a fork, as shown in the two pictures below, to pull some of the **slightly**

solidified egg from the pan side to the middle of the pan. Then...



...tip the pan like this to help the **liquid eggs** coat the pan evenly.



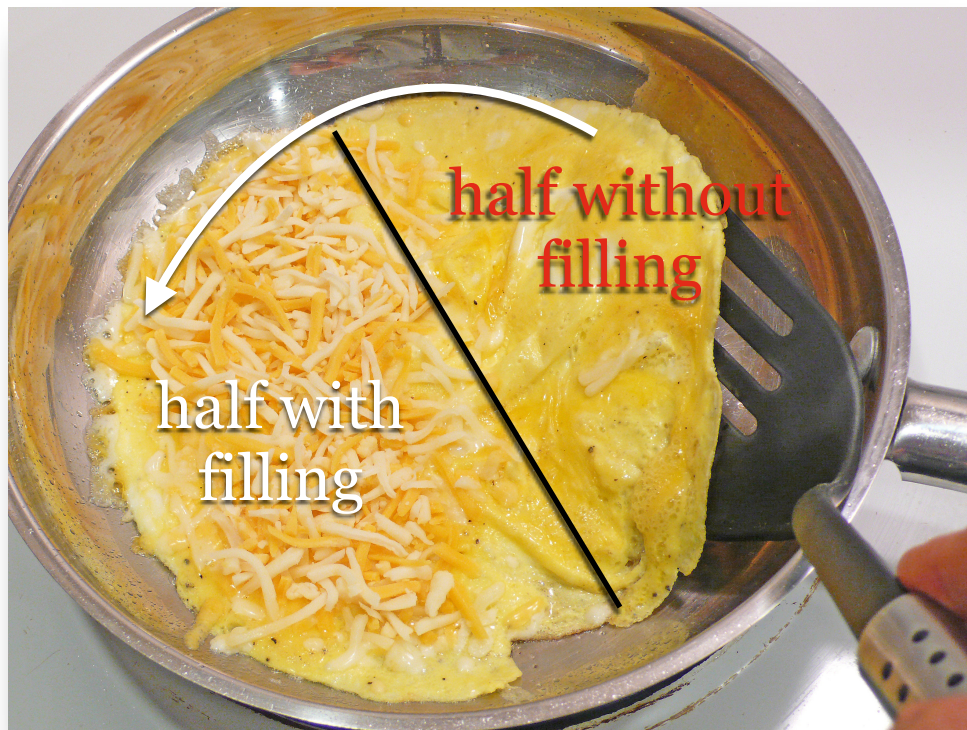
8. Cook for 30 seconds to 1 minute until the **eggs** are mostly solid but still slightly moist on top as shown here. Then...



...add **your choice of filling** to one of the **omelet halves** as shown below.



9. Slide the spatula under the **omelet half without filling**, and...



...fold the **omelet** in half.



10. Cook for a few more seconds until the **eggs** inside the **omelet** are no longer shiny and runny as shown in detail here. Then...



...turn off the stove, slide the **omelet** out of the pan onto a plate,...



...and serve warm.



11. **Cleaning Tip** - To make cleanup as easy as possible, transfer the hot pan to a cool burner until the pan is safely cool to touch. Then...



...fill the pan with warm water and a squirt of dish detergent, and let the pan soak for at least 5 minutes.



After soaking, clean the spatula and pan with a sponge and...



...finish by rinsing with warm water.



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