

Quick & Easy Omelet



**Your first omelet doesn't have to be perfect.
Just start. Every meal you make builds confidence.**

Skill Level: Beginner

Time: 10 minutes

Serves: 1

Cleanup: Easy

Two Simple Tricks To Make Better Omelets

1. Add a small dash of salt before cooking to help keep eggs soft and tender, not tough and rubbery, as shown below.





**Lightly salted
soft, tender
eggs**



**Unsalted
tough, rubbery
eggs**

2. Pan temperature matters, and here's an easy way to make sure the pan is ready for cooking.



Sprinkle a few drops of water into the pan. If they sizzle and quickly evaporate, the pan is ready to cook eggs.

What you'll need

Ingredients

- 2 Eggs per person
- Dash of salt
- Butter
- Ground Black Pepper
- Your favorite filling (I'm using cheddar cheese)



Equipment

- 10 – 12 Inch Frying Pan
- Bowl
- Fork
- Spatula
- Table Knife



How to make it (Active Time: 5-10 minutes)

Put a pan on the stove and turn on the burner to medium.

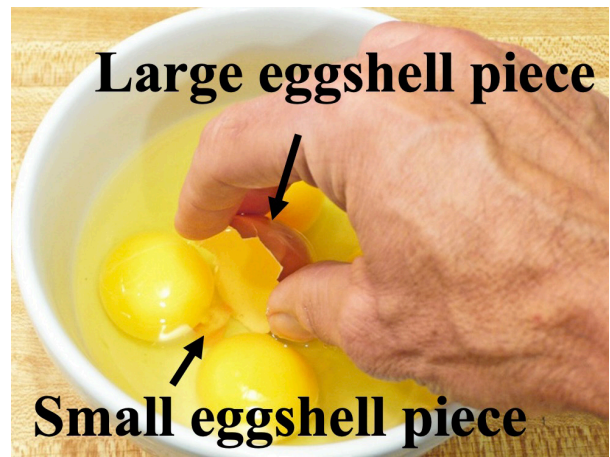


Break eggs into a bowl.



If a piece of eggshell falls into the bowl, first, don't worry—that happens to cooks of every skill level and, second, here's a quick tip to fix that.

Use a large eggshell piece to attract and scoop out any smaller eggshell pieces that accidentally fall into the bowl.



Add a dash of salt and pepper.



Use a fork to beat the eggs until they are completely mixed.



Check the frying pan for the proper cooking temperature by wetting your fingers with tapwater and sprinkling the water into the pan.



The pan is ready for cooking when the water sizzles and quickly evaporates. (**NOTE:** If the water sizzles and evaporates immediately when it hits the pan, move the pan to a cool spot on the stove for a few minutes. Turn down the heat on the burner, and heat the pan again. If the water doesn't sizzle on contact, keep heating the pan until it does.)

Add about as much butter as shown here to the hot pan.



Tilt and roll the pan until evenly coated with butter.



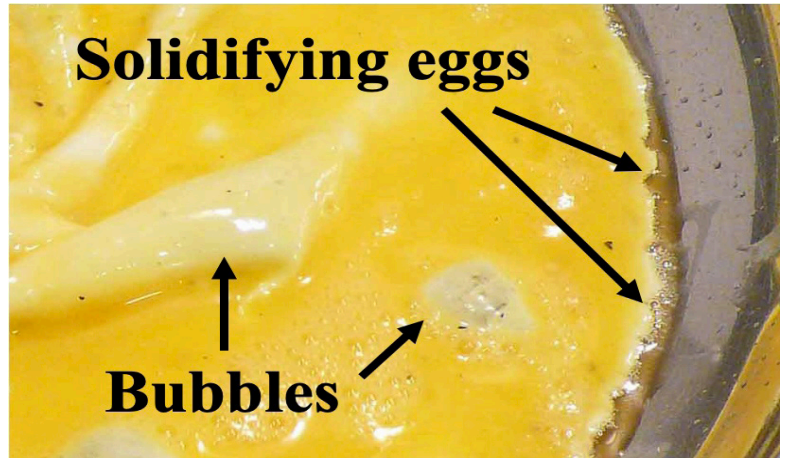
Let butter warm until it just starts to bubble. Then...



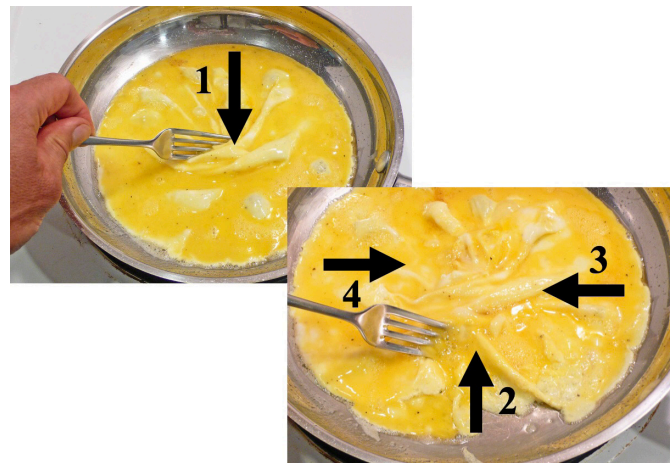
...add eggs and let them cook for about 30 seconds.



When the eggs just start to bubble and solidify along the pan edge,...



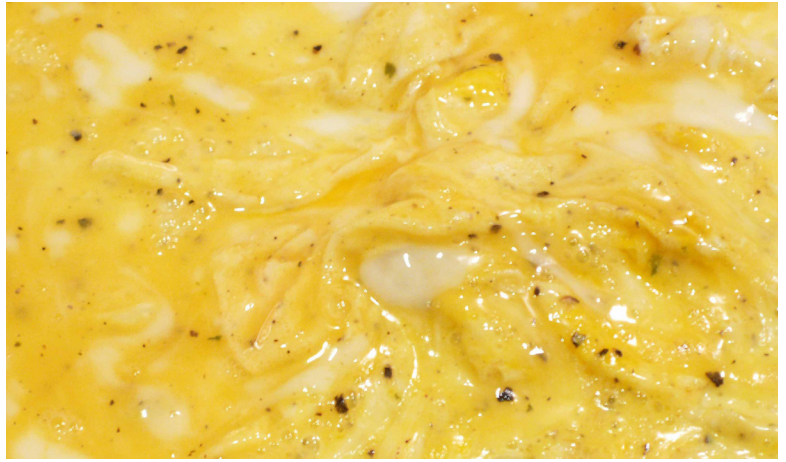
...use a fork to pull (1) and push (2) the eggs from the top and bottom of the pan. Repeat the same motion (3 & 4) to move the solidifying eggs toward the pan center.



Then swirl the pan to help the uncooked eggs coat the pan evenly.



Cook for 15-30 seconds until the eggs are mostly solid but still slightly moist on top. Then...



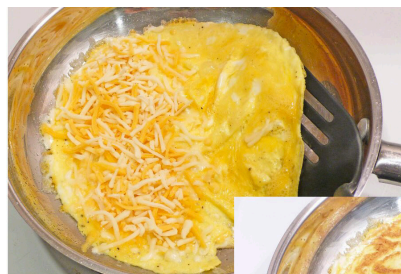
...add your choice of filling to one of the omelet halves.



As soon as you've added filling, slide a spatula under the omelet half without filling, and...



...fold the omelet in half.



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



Slide the finished omelet out of the pan onto a plate and enjoy the taste and satisfaction of making an omelet!



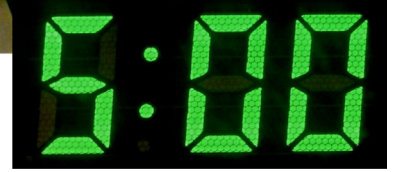
Kitchen Tip: Make Cleanup Easy

The trick is to start soaking the pan as soon as it has cooled enough to touch safely. The rest of the cleaning can be done later.

Move the hot pan to an unused burner and let it cool until you can touch it safely.



Once the pan has cooled enough to touch safely, fill it with warm water and a squirt of dish detergent, and let the pan and spatula soak for at least 5 minutes.



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



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