

## **FRENCH OMELETTES**

**Per Person:**

2 eggs  
25 mL water (or milk)  
f.g. salt & pepper

**FILLING CHOICES:** ham, grated cheese,  
minced green onion, mushrooms,  
diced green or red pepper.

1. Whisk together eggs, water (or milk), and seasonings in bowl.
2. In **SMALL** frying pan (available at demo table), melt 5-10 mL margarine at **MED** (4-5) heat. Pan is the correct temperature when a drop of water will roll around but **NOT** burst into steam immediately.
3. Pour eggs in, all at once. As mixture sets at the edges, with rubber spatula, gently push cooked portions towards center. Tilt and rotate pan to allow uncooked egg to flow into the empty spaces. (The objective is to make an egg 'pancake', **NOT** scrambled eggs!)
4. When egg is almost set on the surface, but still looks moist, sprinkle desired filling(s) on one half of eggs.
5. Slip spatula under the unfilled side and fold over the filling. Gently slide omelet out of pan onto individual serving plate.
6. Place in **WARM** (200') oven and make next omelet. Melt more margarine in the pan for each fresh omelet.

