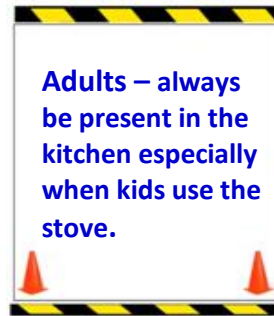


# OMELETS: FRENCH STYLE



## Officer Andy's Safety Corner



2 large eggs  
1 tablespoons water

## Ingredients

1/8 teaspoon salt  
Pinch ground pepper  
1 tablespoon unsalted butter, melted

## Directions

1. Combine the eggs, milk, salt, and pepper in a medium bowl and mix very well with a fork or a whisk. Set a dinner plate by the stove.
2. Heat a seasoned omelet pan or non-stick skillet over medium-high heat. When the pan is warm, add the butter. Swirl the pan so the butter gets all around.
3. When the butter stops sizzling and the foam goes away add the eggs. Let the eggs heat up (10 seconds). Stir vigorously, with a heatproof spatula. When stirring, include the sides of the egg mixture so the omelet cooks evenly.
4. Once the eggs are just set, bang the pan gently on the burner to release the omelet from the pan. Check to see that it is not sticking to the sides or bottom of the pan, if so release the omelet with a heat proof spatula.
5. Hold the pan at a 45-degree angle to the stove and carefully fold the omelet like a business letter. Cook just until the desired degree of doneness lifting the pan or reducing the heat to prevent browning. (A classic omelet is not brown like the American version.) Transfer omelet to the warm plate and serve.

Omelet Filling Suggestions: Fillings are both raw and cooked, sweet and savory. Add fillings before folding or alternatively one can roll the omelet then slice it open like a baked potato and top the omelet with fillings such as cremes, herbs, fresh fruit or caviar.

Add choice of garnishes just before folding the omelet in 1/2 or top omelet if so desired.

Serve immediately. Canola oil or olive oil or other low saturated fat oil may be substituted instead of the butter. End result will be slightly different, but still delicious.



Preparation & Cooking time: 8 minutes