

Maine Arts Camp

Recipe: 3 Egg Omelet

Chef: Charlie Limoggio CEC

Servings: 1

Quantity	Unit	Ingredient	Prep Notes
1	Tablespoon	Clarified butter	
3	Large	Eggs	Lightly beaten
	To Taste	Kosher salt	
	To taste	Ground black pepper	

1. This omelet can be served plain or filled with one or more of the suggested fillings.
2. Melt butter in a 10-inch skillet over medium heat.
3. Add eggs, lift cooked edges with spatula to allow uncooked eggs to flow under cooked portion. Season with salt and pepper. Shake pan to loosen omelet. Cook until set. Place desired fillings on 1/2 of omelet. Fold in half. Turn out onto plate

FILLING SUGGESTIONS:

- shredded cheese
- chopped ham
- shredded crabmeat
- cooked small shrimp
- shredded cooked chicken
- cooked chopped bell pepper
- cooked sliced mushrooms
- chopped tomatoes
- cook chopped onion
- cooked chopped asparagus or broccoli or other vegetable
- avocado slices

Raw vegetables do not belong inside of an omelet.

Do not add milk like we did in scrambled eggs. Milk will make the eggs too creamy and weak and will tear when folding the omelet

Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.