

## **BASIC OMELETTE**

### **Equipment:**

Measuring Spoons

Measuring Cup

Microwave safe glass pie dish with cover.

Wooden Spoon or High Temp Rubber Spatula

### **Ingredients:**

1 tbsp butter or margarine 15 ml

2 eggs 2

2 tbsp milk 25 ml

1/8 tsp salt 0.5 ml

dash pepper

### **Procedure:**

1. Heat butter in a 9" (23 cm) pie plate, at **P7** 30 seconds, or until melted, turn plate to coat bottom with butter.
2. Meanwhile, beat remaining ingredients together; pour into pie plate.
3. Cook, covered loosely, but completely with plastic wrap or a lid, at **P4** 2<sup>1</sup>/<sub>4</sub> - 3<sup>1</sup>/<sub>4</sub> minutes, or until omelet is almost set;
4. Stir after 1 minute. Let stand, covered, 2<sup>1</sup>/<sub>2</sub> minutes.
5. With a spatula, loosen edges of omelet from plate; fold into thirds to serve.

### **Variations:**

**Cheese omelet:** before folding, sprinkle 1/4 cup (50 ml) of shredded cheese down center of Omelet

**Ham omelet:** before folding, sprinkle 1/4 cup (50 ml) of finely chopped cooked ham down center of omelet.

**Herb omelet:** blend in 1/8 tsp (0.5 ml) of basil, thyme or crushed rosemary with eggs and milk.

**Omelet "Oscar":** before folding, spoon 1/4 cup (50 ml) of Crab and white (Béchamel) sauce and steamed Asparagus down center of omelet.