

OMELET WITH LEAFY GREENS

Instructor Nancy: Tuesday 3-6 Class #7



TODAY'S RECIPES

- Omelets with fresh greens, feta cheese and pancetta

SKILLS LEARNED

- EGGS
 - Where do eggs come from?
 - Cracking eggs
 - Cooking eggs (using a skillet)

EQUIPMENT

- Cutting board
- Non-stick 7" skillet
- Spatula
- Flat bottomed wooden spoon
- Whisk

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INGREDIENTS

2 eggs
Salt and freshly ground black pepper
3 tablespoons chopped fresh leafy greens (spinach, arugula)
2 tablespoons butter or extra virgin olive oil

INSTRUCTIONS

1. In a medium bowl, whisk the eggs. Season with salt and pepper.
2. Put a medium skillet, preferably non-stick, over medium heat for about 1 minute. Add the butter or oil and swirl it around the pan. After the butter melts, but before it foams, turn the heat down slightly to medium-low.
3. Add the eggs to the skillet and cook over medium-low heat, stirring occasionally with a flat-bottomed wooden spoon. The secret to a good omelet eggs is cooking them "low and slow" - so be patient! Tilt the pan, and gently pull the eggs away from the side, letting some of the runny top go to the hot pan.
4. When the bottom is set, and the top is beginning to set, carefully flip the omelet over. Add the veggies, cheese, meat, etc. to one half of the omelet. Flip the other side over the fillings, and gently slide onto a plate.