Puffy Omelet – for 2

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| Cooking Principle: Egg Cookery |
| Time: 8-10 minutes |
| Temp: medium; 350oF |

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| **Omelet (for 2)** | **Denver Filling (optional)** |
| 2 eggs, separated | 1/8 pepper (yellow, orange, or red) |
| 10 ml water | 10 ml onion |
| salt & pepper to taste | 2 cherry tomatoes (optional) |
| 30 ml cheese, grated | 5 ml margarine |
|  (or 2 ½ slices) | 1 slice ham, julienned |
| 10 ml margarine for pan |  |
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| **Toast** |  |
| 2 slices bread |  |
| 10 ml margarine |  |

**Method:**

1. Preheat oven.
2. Separate the eggs over a custard cup – pouring egg whites into a bowl before proceeding with the second egg. Place the egg whites into the large mixing bowl and the yolks into the medium mixing bowl.
3. Beat the egg whites with an electric mixer until soft peaks form.
4. Add the water, salt and pepper to the egg yolks. Using the same beaters, whip the egg yolks until thick and lemon coloured.
5. Using a rubber spatula, fold the egg yolk mixture into the egg whites – just until mixed. Some egg white may remain as chunks.
6. Melt 10 ml margarine in an oven proof frying pan over medium heat. When hot, pour egg mixture into pan and gently level the surface.
7. Turn down to medium-low heat and cook until the omelet is puffed on top and lightly browned on the bottom – about 5 minutes.
8. Place the skillet in the oven a cook for 8-10 minutes, or until a knife inserted in the center comes out clean.
9. Make the toast.
10. Grate the cheese and sprinkle over the top of the cooked omelet (or cover the top of the omelet with the cheese slices). Return to the oven to allow the cheese to melt about 1-2 minutes.
11. To serve, use a lifter/flipper to gently loosen the omelet from the bottom of the pan. Lightly score just off center and fold over.
12. Remove from the pan, divide in half and serve with toast and fruit salad.

Denver Variation

1. Wash the vegetables; dice the vegetables and julienne the ham slice. Place the ham into a custard cup and set aside. Prepare the omelet as directed above.
2. Cook the filling as the omelet bakes. In a small skillet, melt 5 ml margarine over medium heat.
3. Add the vegetables and cook until the onions are translucent. Add the ham and cook for 1-2 minutes or until the ham is heated through.
4. Score the omelet and place the vegetables on the large half; fold and serve as directed above.

**Fruit Salad**

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| **For 2** |  | **For 4** |
| 1 | Mandarin oranges | 2 |
| 3-4 | grapes | 6-8 |
| 1-2 | Strawberries | 3-4 |

1. Wash all the fruit – yes, even those that are going to be peeled.
2. Peel and section the orange. Cut in half widthwise and place into a salad bowl.
3. Cut the grapes into halves or quarter and add to the bowl.
4. Slice the strawberries into thin slices – cutting in half if they are too large. Add to the bowl.
5. Toss with a spoon and serve along with the omelet and toast.

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| **Standards:**Omelet is firm and cooked throughPuffy appearanceVegetables are cut evenly, cooked, cheese is melted.Each type of fruit cut into even sizes | **Equipment on Tray:**  |