

FRENCH OMELETTE

INGREDIENTS

3 eggs

1 tablespoon butter, plus knob for finishing

Choice of soft cheese (boursin, cream cheese, goat cheese, brie)

1 teaspoon fresh chives, finely diced

Salt and pepper, to taste

INSTRUCTIONS

For silky eggs, place a sieve over your mixing bowl and crack three eggs into it. Using a fork, beat the eggs through the sieve.

Place a skillet over medium heat and melt 1 tablespoon of butter, swirling it around the pan to coat the entire surface. Once the butter becomes foamy, pour your beaten eggs into the pan and immediately reduce the heat to low. The lower heat will prevent your eggs from overcooking and browning. Temperature control is the key to this recipe.

Shake the skillet to start scrambling the eggs a bit and stir with a rubber spatula. Continue scrambling, making sure to scrape down the sides of your pan as needed, for 2 to 3 minutes. The top layer of the egg should still be moist and runny at this point, while the rest is set.

Place a log of soft cheese down the length of the egg's edge, closest to handle. Turn off the heat and gently use your spatula to start rolling the omelette over itself, starting with the soft cheese side. Once the omelette is nearly sealed, hold your skillet over top of your serving plate and let it roll out, seal-side down.

Use the reserved knob of butter and gently spread over the top of the omelette until the butter is gone. Sprinkle chopped chives (or scallions) and crushed sour cream and onion chips, or sour cream and bacon. Finish with black pepper.

Remember, eggs cook quickly. Once you pour the eggs into the skillet, the time until you need to add the cheese is just 2 to 3 minutes. Too much time left on the skillet and the eggs might brown. A French omelette should have zero browning, but if it happens, your omelette will still taste great. Even a browned omelette taste delicious.