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Omelet

Many people are intimidated by omelets, but if you can make [scrambled eggs](#), you can make an omelet.

Omelets should be cooked with a fair amount of fat in the pan. An 8" omelet pan is the best choice but a pan between 6 inches and 10 inches in diameter will do.

- 2-3Eggs
- 2 Tbsp. whole milk/coconut milk/rice milk
- 2 Tbsp clarified butter or whole butter
- Salt and ground white pepper, to taste

Preparation:

Crack the eggs into a glass mixing bowl and beat them until they turn a pale yellow color. Heat a heavy-bottomed pan over medium-low heat. Add the butter and let it melt. Add the milk to the eggs and season to taste with salt and white pepper. Whisk like crazy to beat as much air as possible into the eggs. When the butter in the pan is hot, pour in the eggs. Don't stir! Let the eggs cook for up to a minute or until the bottom starts to set. With a spatula, gently push one edge of the egg into the center of the pan, while tilting the pan to allow the still liquid egg to flow in underneath. Repeat with the other edges, until there's no liquid left. Your eggs should now resemble a bright yellow pancake. If it sticks at all, loosen it with your spatula. Now gently flip the egg pancake over, using your spatula to ease it over if necessary. Cook for another few seconds, or until there is no uncooked egg left. If you're adding any other ingredients, now's the time to do it. (See note.) Spoon your filling across the center of the egg in straight line. With your spatula, lift one edge of the egg and fold it across and over, so that the edges line up. Cook for another minute or so, but don't overcook or allow the egg to turn brown. If necessary, you can flip the entire omelet over to cook the top for 30 seconds or so. Just don't let it get brown. Gently transfer the finished omelet to a plate. Garnish with chopped fresh herbs if desired.

NOTE: There's no limit to the number of fillings you can use with this basic omelet recipe.

Some suggestions include:

- Grated cheese
- Sautéed mushrooms
- Diced and sautéed onion
- Sautéed spinach
- Chopped cooked bacon
- Diced ham
- Omelet topped or stuffed with left over curry or stew.