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How to Make a Basic Omelet

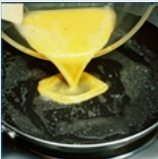
By an eHow Contributor


Instructions

Difficulty: Moderately Easy

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(<http://i.ehow.com/images/a00/0d/g0/make-basic-omelet-1.1-800X800.jpg>)
Combine eggs, water, [salt and pepper \(#\)](#) in a medium-sized bowl. Beat with a fork until combined but not too frothy.
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(<http://i.ehow.com/images/a00/0d/g0/make-basic-omelet-1.2-800X800.jpg>)
Melt a little [butter \(#\)](#) (1 or 2 tsp.) over medium-high to high heat.
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(<http://i.ehow.com/images/a00/0d/g0/make-basic-omelet-1.3-800X800.jpg>)
When the butter stops foaming, pour the egg mixture into the skillet, and without moving the skillet, allow the eggs to set on the bottom (this should only take a few seconds).
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(<http://i.ehow.com/images/a00/0d/g0/make-basic-omelet-1.4-800X800.jpg>)
As eggs set, take a spatula and push the edges of the egg mixture in, allowing the uncooked eggs on top to flow underneath and make direct contact with the skillet. Repeat the procedure at various spots around the edge of the setting egg mixture.
5. When eggs are set but still shiny, remove the omelette from the heat. The whole process should take just 2 or 3 minutes.
6. Fold the omelet in half and slide it onto a warm plate.

Things You'll Need:

2 eggs
 butter for the pan
 dash black pepper
 1/8 tsp. salt
 1 tbsp. water
 Groceries
 Wire whisk
 Spatula
 Mixing bowls
 Omelet pans
 Forks

Tips & Warnings

- Practice with plain omelets before you try filling them.
- Omelets are really an individual dish. Make separate omelets for each person (since they only take a few minutes, this is not an overwhelming obstacle). If you want to serve a lot of people, make a scramble instead.
- To make a low-fat omelet, prepare using one whole egg and two egg whites, instead of two whole eggs.
- If you do fill the omelet, place a few tablespoons of filling on one half of the omelet right before it's done, then fold over and slide onto a plate. Don't put too much inside; it gets difficult to fold the omelet over. You can always put more filling on top of the omelet. Try filling your omelet with cooked fresh mushrooms, grated cheese or even fruit and yogurt. Experiment and have fun!
- Try omelets for a light dinner, with some salad and a glass of wine - that's what the French do!

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Comments

spongie84 said

on 7/26/2009 Good article check out my profile to learn how to make an omelete

Anonymous said

on 11/22/2005 I don't like an omelet with a moist center. To avoid this, I always flip the omelet to cook the other side. It's really pretty easy to do. Make sure you are using a good non-stick pan with gently curving sides. If your pan is hot enough, the omelet should move freely. Pick the pan up, swirl the eggs around a couple times (to make sure they aren't sticking), and pull the pan back toward you. Don't be timid or you'll just fold the eggs in half.

Eggs are pretty inexpensive. Buy an extra dozen, try this out a few times, you'll have it mastered. It's always fun to impress the guests!

Anonymous said

on 11/22/2005 Just fold the eggs in the pan. The remaining heat will cook the insides just right.

Anonymous said

on 11/22/2005 To avoid having to flip the omelette, place the pan in the oven on broil to cook the top. Remember to leave the oven door open!

Anonymous said

on 11/22/2005 Why stop with an omelette? Or its filling? Omelettes are great on top of golden hashbrowns and little meat cubes (your choice of course) and any other ingredient for a breakfast skillet. Personally I like mine with Picante or Tabasco sauce for the delicious southwestern skillet. ;)