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DGM – 4000

**Instructional Video**

**Step one: Gather the necessary materials.**

“At its heart, an omelet is scrambled egg yolk formed and cooked into a flat pancake then rolled or folded based on preference. For our recipe today, we will be creating a 3 egg, cheese, and pepper omelet. To craft our omelet will need the following ingredients; three AA grade pasteurized chicken eggs, one half pound block of sharp cheddar cheese, one green bell pepper, and one red bell pepper. During the cooking process, you will also need access to a heating surface such as a stove, a ten-inch pan or equivalent, a bowl capable of holding about five cups, a spatula, a chef's knife, a cutting board, and a cheese grater.”

**Step two: Prepare the ingredients.**

“Before we start cooking it is best to prepare the ingredients. By doing this we avoid the potential for ruining our dish with prep time. To start lets first grate the cheddar cheese. Start by preparing your bowl over a clean working surface. Next, take the half pound cheese in one hand and cheese grater in the other. Slowly begin to rub the cheese against the grater over the bowl you prepared. Do this until you have roughly one cup of grated cheese to work with. Keep in mind that the cheese grater will be sharp and that you should avoid touching the blades with any part of your body.

“Second, we will prepare the eggs for cooking. Start by taking an egg into one hand. From here you will need to lightly tap the egg on a hard surface such as a countertop until a small crack forms. The crack can be any size so long as it is visually noticeable on the egg. Using your fingers for support take both hands and place both thumbs facing each other lining them up between the crack. Lightly press the tips of your thumbs into the egg with your thumbs on the bottom of the egg over the bowl you prepared with cheese. Pull both ends of the eggshell apart being as close to the bowl as possible. Then repeat these steps for the remaining two eggs.”

“Lastly we will prepare the peppers. First, start by placing a clean cutting board over a clean working surface. Next wash the pepper then take a chefs knife in one hand and place either pepper onto the cutting board with the stem facing horizontally. Carefully cut both ends of the pepper to remove the butt and stem. From here you can optionally remove the seeds contained within the pepper. Dice the pepper by cutting it into pieces that are no larger than a button. Repeat these steps on the same cutting board and introduce them into the bowl with your eggs and cheese. Optionally each step can be completed and prepared into separate bowls respectively. However, by following these steps you reduce the amount of waste you create in the process.”

**Step three: Cook the omelet.**

“Now that all of our ingredients are prepared we can move onto the cooking portion. Start by placing a small roughly ten-inch pan onto a surface cooker such as a stove and set its heat to around medium-high settings. After the pan heats up to a consistent heat introduce the bowl of ingredients into the pan. Slowly mix the ingredients in the pan with a spatula so that they become uniform. Next closely watch the eggs until they become semi-solid. When this happens to lift the pan and slowly tilt the liquid egg onto the edges of the pan. Let this mixture sit for about 25 seconds or until the egg completely solidifies. Finally turn off the heat and use the spatula to separate the egg from the pan folding the edge over in half to form the omelet.”

**Step four: Serve!**

“Now that the omelet is complete you can serve it onto any dining ware you wish. Optionally this dish can be improved with diced chives or boldly with ingredients like ketchup. Don’t forget to clean up after you are finished making sure that if any egg touched a surface that you use proper cleaning materials and/or hot water. That is all there is to making an omelet thank you very much for watching!” <insert media plug>