

Omelette

In cuisine, an **omelette** or **omelet** is a dish made from beaten eggs fried with butter or oil in a frying pan (without stirring as in scrambled egg). It is quite common for the omelette to be folded around fillings such as cheese, chives, vegetables, mushrooms, meat (often ham or bacon), or some combination of the above. Whole eggs or egg whites are beaten, sometimes with a small amount of milk, cream, or water.

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History

The earliest omelettes are believed to have originated in ancient Persia.^{[1][2]:65} According to *Breakfast: A History*, they were "nearly indistinguishable" from the Iranian dish kookoo sabzi.^[2]

According to Alan Davidson,^[1] the French word *omelette* (French: [ɔm.lɛ]) came into use during the mid-16th century, but the versions *alumelle* and *alumete* are employed by the *Ménagier de Paris* (II, 5) in 1393.^[3] Rabelais (*Pantagruel*, IV, 9) mentions an *homelaicte d'oeufs*,^[4] Olivier de Serres an *amelette*, François Pierre La Varenne's *Le cuisinier françois* (1651) has *aumelette*, and the modern *omelette* appears in *Cuisine bourgeoise* (1784).^[5] The ancient Romans also combined eggs with dairy products to create savory and sweet dishes.

According to the founding legend of the annual giant Easter omelette of Bessières, Haute-Garonne, when Napoleon Bonaparte and his army were traveling through southern France, they decided to rest for the night near the town of Bessières. Napoleon feasted on an omelette prepared by a local innkeeper, and thought it was a culinary delight. He then ordered the townspeople to gather all the eggs in the village and to prepare a huge omelette for his army the next day.^[6]

Variations by country

China

- A *Chinese omelette* can be egg foo yung^[7] or an oyster omelette.

France

- The *French omelette* is smooth omelette, unbrowned,^[8] cooked slowly over

Omelette



French-style omelette with mushrooms and herbs

Alternative names	Omelet		
Course	Breakfast, brunch		
Place of origin	Ancient Iran ^{[1][2]}		
Serving temperature	Hot		
Main ingredients	Eggs, butter or oil		
Food energy <div>(per 100 g serving)</div>	154 kcal (645 kJ)		
Nutritional value <div>(per 100 g serving)</div>	Protein	11 g	
	Fat	12 g	
	Carbohydrate	0.6 g	
<div><div><div></div><div></div></div><div>Cookbook: Basic Omelet</div></div>			
<div><div><div></div><div></div></div><div>Media: Omelette</div></div>			



A simple omelette

Omelette, plain

Nutritional value per 100 g (3.5 oz)		
Energy	657 kJ (157 kcal)	
Carbohydrates	0.7 g	
Fat	12 g	
Protein	10.6 g	
Vitamins	Quantity	%DV [†]

medium-low to medium heat, with initial stirring to prevent curds and sticking.^[9] Good with just salt and pepper, this omelette is often flavored with tomato and finely chopped herbs (often fines herbes^[10] or tarragon, chervil, parsley and chives) or chopped onions.

- The Omelette de la mère Poulard, a Norman specialty first developed in Mont-Saint-Michel, has been called the most famous omelette in the world.^[11]

Iran

- Kuku is a cake-like omelette that is "nearly indistinguishable" from the earliest omelettes.^[2]
- *Nargesi* or *Spinach Omelette*, an Iranian dish, is made with fried onions and spinach, and is spiced with salt, garlic, and pepper.^{[12][13]}
- In Parsi cuisine, an omelette is called *Pora* which consists of eggs, onion, tomato, green chillies, coriander leaves.^{[14][15]} Usually had for breakfast with Indian/Irani tea and bread.

Italy

- A *frittata* is a kind of open-faced Italian omelette that can contain cheese, vegetables, or even leftover pasta. Frittata are cooked slowly. Except for the cooking oil, all ingredients are fully mixed with the eggs before cooking starts.

Japan

- In Japan, tamagoyaki is a traditional omelette in which eggs are beaten with mirin, soy sauce, bonito flakes, sugar and water, and cooked in a special rectangular frying pan. The omelette is cooked by frying a thin layer of egg mixture and then rolling it up quickly with a pair of chopsticks to form a sausage shape in one end of the pan. Another thin layer of egg is then added to the bottom of the pan and is again rolled, with the original rolled, cooked egg at the centre, over to the other end of the pan. This is repeated until all the egg has been used up, resulting in a dense cylindrical omelette containing many thin layers. This is then squeezed into a rectangular or circular cross-section using a sushi mat, and sliced into segments for serving. Omelette (pronounced *omuretsu*) can mean a Western omelette. *Omurice* (from the English words "omelette" and "rice") is an omelette filled with rice and usually served with a large amount of tomato ketchup. *Omu-soba* is an omelette with yakisoba as its filling.
- Tenshondon is a Japanese-Chinese specialty, consisting of a crab meat omelette on rice,^[16]

Philippines

In the Philippines, omelettes are usually known as *torta*, they include:

- *Tortang giniling* or *tortang picadillo* - an omelette with ground meat (usually beef or pork) and sautéed vegetables.^[17]
- *Tortang gulay* - an omelette with peppers, mushrooms, onion, and garlic.
- *Tortang kalabasa* - an omelette made with finely julienned calabaza, eggs, flour, and salt.^[18]
- *Tortang kamote* - an omelette made with mashed sweet potato, eggs, flour, and salt.
- *Tortang talong* - an eggplant fritter.^[19]

Spain

- The Spanish *tortilla de patatas*, or *tortilla española* in other Spanish-speaking countries, is a traditional and very popular thick omelette containing sliced potatoes sautéed in cooking oil. It often includes sliced onions (*tortilla de patata con cebolla*) and less commonly other additional fillings, such as cheese, bell peppers, and cooked diced ham.

Thailand

Vitamin A equiv.	172 µg	22%
Thiamine (B ₁)	0.1 mg	9%
Riboflavin (B ₂)	0.4 mg	33%
Niacin (B ₃)	0.1 mg	1%
Pantothenic acid (B ₅)	1.2 mg	24%
Vitamin B ₆	0.1 mg	8%
Folate (B ₉)	39 µg	10%
Vitamin B ₁₂	1.1 µg	46%
Choline	212 mg	43%
Vitamin D	29 IU	5%
Vitamin E	1.2 mg	8%
Vitamin K	4.5 µg	4%
Minerals	Quantity	%DV [†]
Calcium	47 mg	5%
Iron	1.5 mg	12%
Magnesium	10 mg	3%
Phosphorus	162 mg	23%
Potassium	114 mg	2%
Selenium	26.7 µg	38%
Sodium	161 mg	11%
Zinc	0.9 mg	9%
Other constituents	Quantity	
Water	75.9 g	
Cholesterol	356 mg	
Link to USDA Database entry (http://ndb.nal.usda.gov/ndb/foods/show/119?manu=&fgcd=)		
Units		
µg = micrograms • mg = milligrams		
IU = International units		
†Percentages are roughly approximated using US recommendations for adults.		
Source: USDA Nutrient Database (https://fdc.nal.usda.gov/index.html)		

- In Thai cuisine, a traditional omelette is called *khai chiao* ไช้เจียว (*khai* meaning "egg", and *chiao* meaning oil-fried), in which the beaten egg mixture and a small quantity of fish sauce is deep fried in a wok filled with 1-2 cups of vegetable oil and served over steamed rice. The dish is usually served with Sriracha sauce and cilantro. A variation on this dish is *khai chiao songkhruang*, where the plain egg omelette is served together with a stir-fry of meat and vegetables. Yet another type of Thai omelette is *khai yat sai*, literally "eggs filled with stuffing".^[20]



A Spanish omelette

United States

- A *Denver omelette*, also known as a *Southwest omelette* or *Western omelette*,^[21] is an omelette filled with diced ham, onions, and green bell peppers,^[22] though there are many variations on fillings. Often served in the Southwestern United States, this omelette sometimes has a topping of cheese and a side dish of hash browns or fried potatoes.^[23]
- A Hangtown fry, containing bacon and breaded oysters, is an unusual omelette that originated in Placerville, California, during the gold rush.
- An *egg white omelette* is a variation which omits the yolks to remove fat and cholesterol,^[24] which reside exclusively in the yolk portion of an egg.

Gallery



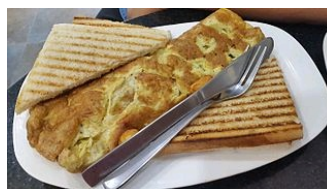
Kuku sabzi is similar to the earliest omelettes



A browned omelet



An omelette foldover



Masala omelette with bread toasties



Denver omelette served with hash browns and English muffin



Iranian omelette with tomato



Tamagoyaki, a Japanese omelette



a Tenshindon



Tortang talong, a Filipino omelette made with grilled eggplant

Records

On March 19, 1994, the largest omelette (128.5 m², 1,383 sq ft) in the world at the time was made with 160,000 eggs in Yokohama, Japan,^[25] but was subsequently overtaken by another, weighing 2,950 kilograms (6,500 lb), made by the Canadian Lung Association at the Brockville Memorial Centre in Brockville, Ontario, Canada, on May 11, 2002.^[26] In turn, that record was surpassed on August 11, 2012, by an omelette cooked by the Ferreira do Zêzere City Council in Santarém, Portugal. This record-breaking omelette weighed 6,466 kg (14,255 lb), and required 145,000 eggs and a 10.3-metre (34 ft) diameter pan.^[27]

See also

- List of egg dishes
- List of brunch foods

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External links

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