

FOOD52

Petite Pea Omelet with Mint and Mascarpone

By WinnieAb

Editors' Comments: WHO: WinnieAb is a native New Yorker who comes from a line of great cooks -- her parents owned the famed NYC restaurant the Quilted Giraffe. WHAT: The springiest of omelets! HOW: Whisk, sizzle, devour. WHY WE LOVE IT: The combination of the mascarpone and egg yolks makes for a wonderfully rich omelet. Cheery in color and just a bit decadent, it would make a terrific Easter brunch.

Fresh peas are not yet available in these parts- I won't see the ones I planted in my garden for a while yet, so I've used organic frozen peas in this recipe instead. Due to lots of macaron making in recent days, I've had a lot of egg yolks in my refrigerator just begging to be used. I promise that an omelet made mostly from egg yolks is incredible rich and delicious, but if egg white omelets are more your style, I won't stop you from going that route. The mint has come alive in the patch that grows in my backyard so I've used it here, but you could also use basil (or a combination of the two). As for the mascarpone, you could substitute Greek yogurt, cream, or maybe creme fraiche if that's what you've got on hand...

Serves 1 omelet

- 2 large egg yolks, preferably organic and free-range
 - 1 whole egg, preferably organic and free-range
 - 1 tablespoon mascarpone cheese
 - 2 teaspoons organic butter
 - 1/3 cup defrosted organic frozen "petite" peas (or freshly shelled spring peas)
 - 1 tablespoon chopped fresh mint, plus more for a garnish, if desired
 - course sea salt and freshly ground black pepper
1. Combine the eggs and the mascarpone cheese with a fork. The mascarpone will not blend completely- this is fine.
 2. Heat a skillet, preferably one that is cast-iron, over medium-high heat. Add butter. As it melts, use a spoon or metal spatula to move it around and make sure the entire surface of the pan is coated with the butter.
 3. Add the egg/mascarpone mixture. Tilt the pan (in several directions, if needed) so that the eggs coat the entire surface.
 4. Cook over medium-high heat until the egg in the center of the pan starts to solidify and the edges look slightly brown/done.
 5. Add the chopped mint and the peas to one half of the omelet. Sprinkle with coarse sea salt and freshly ground pepper, and allow to cook for about 20-30 seconds.
 6. Loosen the opposite side of the omelet from the pan with a spatula, and fold the plain half over the filled half. Continue cooking for another 10 – 20 seconds, and then fold it again, if desired.

7. Remove to a serving plate and garnish with additional chopped herbs and more salt and pepper, if you like.