

# How to Prepare an American Omelet

A step-by-step process to an easy breakfast for beginners.

## Introduction

Learn how to prepare an American style omelet. An American omelet is a dish of beaten eggs cooked over a frying pan until firm. This dish can have an array of vegetable or meats added to it for flavor and texture.

These instructions describe a simple American meal with cheese as the only addition to the omelet. However, you have the choice of adding additional fillings like green peppers, bacon, onions, ham etc. to your omelet at the directed steps.

By the end of these instructions, you will know how to make an easy breakfast for one. You will need certain materials to make this dish so check the materials list before starting. This should take around 13-15 minutes including preparation time and cook time.



### **WARNING**

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Hot surfaces can cause burns ranging from 1 to 3-degree burns. Be careful when operating an electric or gas stove top and wear the proper protection to prevent burns. This can include oven mittens. Being aware of what burners are active and are still hot prevents unintentional touching of hot surfaces.



### **WARNING**

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Spoiled eggs or cheese can cause sickness. Ensure your food is used prior to the suggested expiration date on packaging.



### **WARNING**

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If you are adding meat filler, ensure that meat is cooked prior to addition to your omelet. Uncooked or undercooked meat can cause food poisoning.



## Materials & Tools

To prepare your American omelet, you will need the following items:

### Cookware:

- 8" non-stick skillet



- Spatula



- Whisk



- Small bowl



### Food:

- 2 tsp of room temperature butter



- 3 large eggs



- ¼ cup of shredded cheese  
(your choice what type)



- 1 pinch of salt



- 1 pinch of pepper



- Any additional fillings you choose to add (**optional**)

## Procedure

### Part One – Food Preparation

#### 1.1 Beating the Eggs

- 1.1.1 Crack the three large eggs into the small bowl.
- 1.1.2 Take whisk and stir eggs firmly and steadily until eggs have been thoroughly combined and the mixture is uniform (*see image on right*).



### Part Two – Cooking

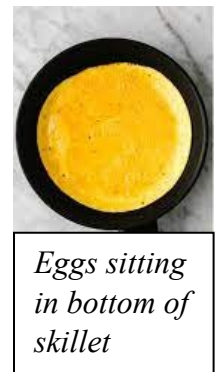
#### 2.1 Preparing Skillet

- 2.1.1 Place skillet on chosen stove-top burner.
- 2.1.2 Turn burner on.
- 2.1.3 Place 2 tsp. of room temperature butter in skillet.
- 2.1.4 Spread butter around skillet until bottom and a little of the sides of the skillet have a thin coating of butter.
- 2.1.5 Melt butter until foam subsides and the butter just barely begins to brown (*see image on right*).
- 1.1.6 Immediately pour in beaten eggs into skillet.



#### 2.2 Cooking Eggs

- 2.2.1 Allow eggs to sit on bottom of skillet for a few seconds.
- 2.2.2 Carefully move the cooked eggs from the outside of the skillet to the center of the skillet.
- 2.2.3 Allow the liquid eggs to take its swirl.
- 2.2.4 Swirl skillet to get an even coating of egg across the bottom of the skillet (*see image on right*).
- 1.1.5 Continue cooking eggs for 1-2 minutes.



#### 2.3 Adding Filler

- 2.3.1 Sprinkle 1 pinch of salt and pepper onto eggs.
- 2.3.2 Sprinkle ¼ cup of shredded cheese onto eggs (or a ½ cup if you are adding additional fillers).
- 2.3.3 Add additional omelet fillers to one half of the omelet at this step if you planned to do so.
- 2.3.4 Fold omelet in half within the skillet (*see image on right*).
- 2.3.5 Cook both sides of omelet until a tinge of brown is visible (Figure 11).
- 2.3.6 Turn burner off.



## Part Three – Plating

### 3.1 Taking Omelet out of Skillet

- 3.1.1 Using an underhand grip on skillet handle, take skillet off the burner.
- 3.1.2 Gently tilt skillet over a plate until omelet slides out of the skillet onto the plate.
- 3.1.3 Top omelet with a small amount of extra cheese for flavoring and enjoy.

## Conclusion

Your American style omelet is now prepared and ready to eat. From buying the necessary materials to safely preparing and cooking your food, you now have a filling meal. If you would like to, you can use these instructions to make your own interpretation of the American omelet by adding different fillers, non-sticking material, amounts of the ingredients listed.

Here are some tips on what to do next time you make an American style omelet:

- Cook bacon prior to making your omelet and add it during the filler step.
- Cut fresh vegetables like green or red peppers, spinach, and hot peppers and add them during the filler step. If you choose to do this, use the safe procedures with sharp objects so you don't cut yourself.
- Cut herbs to add on top of your finished omelet. If you choose to do this, use the safe procedures with sharp objects as to not cut yourself.