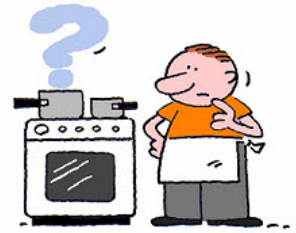


# Cheese omelette



## Ingredients - 1 portion

Eggs (large)	3
Cheddar cheese	50g
Butter (unsalted)	10g
Vegetable oil	for frying
Sea salt / pepper	to taste

## Mise en place

- Break the eggs into a tea cup, remove any unwanted shell and transfer into a larger bowl
- Season with salt and pepper
- Beat the eggs together using a fork or whisk

## Method

- Over quite a high heat, heat the omelette pan and add the butter and oil (the oil should stop the butter from burning). When the butter begins to bubble well, pour in the beaten egg mixture
- Cook the egg mixture quickly, keeping the pan moving with one hand and stirring with a fork or spatula with the other, not allowing the mixture to settle
- Do not over cook the omelette. It is done when it is still a little runny on top ('baveuse')
- Add the grated cheese, spreading over your omelette
- Remove from the heat. Using the fork or spatula, fold the omelette and carefully turn out onto a warm plate
- Serve immediately



Try to find a small frying pan, preferably non-stick, about 7" in diameter, with sloping sides: a proper little omelette pan - a large pan may leave you with a very large, thin, flat omelette