

Perfect Omelets

Prep Your Toppings and Tools

Have all your toppings ready before you start cooking the eggs — it comes together fast! Pre-cook meats and vegetables such as mushrooms, onions and peppers, shred cheese, and slice raw tomatoes, scallions and fresh herbs. Try two to three toppings to avoid overstuffing the omelet. Also, grab a serving plate and heat-proof spatula.

Add Water or Milk to Eggs

Crack your eggs into a bowl and add a splash of water or milk. When cooked, the steam from the water/milk makes the omelet light and fluffy.

Whisk the Egg-Water Mixture

Whisk the egg mixture vigorously with a fork until the whites and yolks are completely blended.

Heat Your Skillet

Heat a nonstick pan over medium-high heat. Add enough butter to coat the bottom of the pan. Use unsalted butter; that way you can control the amount of salt in the omelet.

Tip: How to Know When the Pan Is Ready

The pan is ready when the foam from the butter subsides.

Add the Egg Mixture

Pour the egg mixture into the hot pan, then let the eggs set a little along the edges — it will only take a few seconds.

Gently "Scramble" (Move/Pull) the Egg Mixture

Using a spatula, pull the eggs of each side toward the center, allowing the liquid eggs to flow underneath the set ones.

Add Ingredients You Like Inside

Some common ingredients are onions, bell peppers, tomatoes, ham, cheese.

Fold the Omelet

Fold one side of the omelet in with your spatula. The other side will fold over as you tilt it onto the plate.

Flip the Omelet

Tilt the skillet to fold the final third of the omelet over, then turn the skillet a little more so the omelet falls onto the plate fold-side down. Season to taste with salt and pepper.

Congratulations, you've made the perfect omelet!