



OMELETTE

with Mushrooms, Scallions, & Parmigiano Cheese

Ingredients

- 3 eggs
- 3/4 cup Cremini mushrooms (also called Baby Bellas), roughly chopped
- 1 scallion (green onion), chopped
- 1 Tbsp. flat Italian Parsley, chopped
- 1/4 cup Parmigiano Reggiano cheese, freshly grated
- 1 Tbsp. half and half cream
- 2 Tbsp. butter
- 1 Tbsp. olive oil
- salt to taste
- white pepper to taste

Serves 1 - 2 people, depending on side dishes.

1 Prep your ingredients: chop onions, mushrooms, and parsley. Grate cheese. Crack eggs into mixing bowl, add cream, salt, 2 - 3 small pinches of white pepper, and whip with a whisk until frothy.

2 Heat omelette pan over medium high heat. Add 1 Tbsp. butter and 1/2 Tbsp. olive oil, allow to heat. Add scallions and mushrooms. Saute together until onions are wilted but still bright green. Add salt, but - - keep it light.

Remove mushrooms and onions to a bowl. Wipe omelette pan clean and return to medium high heat.

3 Put the remaining butter and olive oil into pan and allow to heat thoroughly. Give the eggs a final whisk to be sure they are frothy. Pour eggs into omelette pan. As the egg next to the pan surface cooks, use your spatula to lift cooked egg at the edge of the omelette pan, allowing liquid egg to run under. Do this around the edges of the cooking omelette until all liquid egg in the center is gone.



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- 4 When egg is nearly cooked through, sprinkle Parmigiano cheese over the whole omelette. Reserve a tablespoon of cheese for later.

Spoon mushroom and onion mixture along one half of the omelette. Use your spatula to fold the other side of the omelette over the side covered in mushrooms (see pictures). Cook for a minute, and then turn the omelette over, and cook another minute, or until the center is completely done.

- 5 Slide your omelette onto a plate, sprinkle with remaining cheese and chopped parsley, and serve.

A simple arugula salad with a red wine vinaigrette was a perfect side dish.

Serves: one to two people, depending on appetites and side dishes.

NOTE:

When salting, keep it light. Remember that Parmigiano cheese is quite salty. Also, the amount of Parmigiano cheese you choose to use is really to taste -- I don't measure it. You want enough to sprinkle liberally over the inside of the omelette. See pictures below.