

## Savory Omelettes

This is a perfect egg-fastbreakfast the combines three eggs, a bit of cream, some cheese, and of course butter. The trick is how you move the egg mixture around in the pan. Assemble all ingredients first. Because an omelette comes together very quickly!

### Ingredients:

Three large eggs

Good splash of heavy cream

Two tablespoons of unsalted butter

Salt and pepper to taste

Small heap of grated cheese – cheddar or Manchego are good choices

Optional: fresh herbs such as oregano, thyme, or (my favorite) French tarragon

Also: 9" heavy omelette pan with curving sides *that you don't use for anything else!*

Small rubber spatula

### Method:

In a small bowl, beat together the eggs and cream; season with salt and pepper.

Grate the cheese and have it to hand.

Heat the pan over a medium-to-hot flame. If, sadly, you have an electric or induction cooker, use the highest setting. Get the pan really hot, just under smoking.

Throw in the unsalted butter and swirl around in the pan.

Add the egg mixture, which will bubble round the edges. Use the rubber spatula to pull the mixture away from the edges towards the center, letting the fluid mixture run UNDER the eggs. Tilt the pan as necessary to cook the ruffled eggs evenly. When almost done – when nothing is running under the omelette and the surface is almost matte rather than shiny – sprinkle the cheese (and herbs, if you're using them) down the center of the omelette.

IMMEDIATELY TAKE THE PAN OFF THE HEAT. Leave for 30 seconds, then (again, with the spatula) gently fold half the omelette over the other half (with the cheese down the middle). Slide onto a large warm plate.

Eat immediately.