**Basic Omelet Recipe**

Omelets should always be cooked in a nonstick sauté pan. An 8" omelet pan is the best choice, but any nonstick pan will do as long as it's round and between 6 inches and 10 inches in diameter. Also, you should always use a heat-resistant rubber spatula.

**Prep Time: 5 minutes Cook Time: 5 minutes Total Time: 10 minutes**

**Ingredients:**

* 2 eggs
* 2 Tbsp. whole milk
* 2 Tbsp clarified butter or whole butter
* Salt and ground white pepper, to taste

**Preparation:**

1. Crack the eggs into a glass mixing bowl and beat them until they turn a pale yellow color.
2. Heat a heavy-bottomed nonstick sauté pan over medium-low heat. Add the butter and let it melt.
3. Add the milk to the eggs and season to taste with salt and white pepper. Then, grab your whisk and whisk like crazy. You're going to want to work up a sweat here. If you're not up for that, you can use an electric beater or stand mixer with the whisk attachment. Whatever device you use, you're trying to beat as much air as possible into the eggs.
4. When the butter in the pan is hot enough to make a drop of water hiss, pour in the eggs. Don't stir! Let the eggs cook for up to a minute or until the bottom starts to set.
5. With a heat-resistant rubber spatula, gently push one edge of the egg into the center of the pan, while tilting the pan to allow the still liquid egg to flow in underneath. Repeat with the other edges, until there's no liquid left.
6. Your eggs should now resemble a bright yellow pancake, which should easily slide around on the nonstick surface. If it sticks at all, loosen it with your spatula.
7. Now gently flip the egg pancake over, using your spatula to ease it over if necessary. Cook for another few seconds, or until there is no uncooked egg left.
8. If you're adding any other ingredients, now's the time to do it. (See note.) Spoon your filling across the center of the egg in straight line.
9. With your spatula, lift one edge of the egg and fold it across and over, so that the edges line up. Cook for another minute or so, but don't overcook or allow the egg to turn brown. If necessary, you can flip the entire omelet over to cook the top for 30 seconds or so. Just don't let it get brown.
10. Gently transfer the finished omelet to a plate. Garnish with chopped fresh herbs if desired.

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