

Onion, Pepper, and Goat Cheese Omelet

Thom Hackett

Servings: 2



This omelet will surprise you with its great taste.

Ingredients

4 organic eggs
3 tablespoons plus 1 teaspoon organic extra-virgin olive oil
pinch Celtic sea salt
organic butter and extra-virgin olive oil
1 small onion, thinly sliced
½ organic red bell pepper, cut into julienne strips
2 ounces goat's milk cheddar cheese

Cooking Method

Crack eggs into a bowl.

- Add water and sea salt, and blend with a wire whisk. (Do not over-whisk or the omelet will be tough).

In a well seasoned skillet, sauté the onions and peppers in 1 teaspoon olive oil until tender.

- Remove from skillet and set aside.

Melt the remaining 3 tablespoons olive oil in the skillet.

1. When foam subsides, add egg mixture.
2. Tip pan to allow egg to cover the entire pan.
3. As the omelet begins to cook, sprinkle the onion and pepper mixture evenly over the omelet along with the goat cheese.
4. Cook several minutes over medium heat until the underside is lightly browned.
5. Lift up one side with a spatula and fold omelet in half.
6. Reduce heat and cook and other 30 seconds or so--this will allow the egg on the inside to cook.
7. Slide omelet onto a heated platter and serve.

Recipe from Thom Hackett's Recipe File at www.thomcooks.com