

FRENCH OMELET AND HASHBROWNS

4 eggs
30 ml water

Seasoning choices for hash browns and omelet: parsley, seasoned salt, garlic powder, Cajun, basil, oregano, cayenne, dill, chili powder, black pepper, italiano, thyme



**Choose any 4 spices or herbs (or less) and use 1 mL (or less) of each.

1 russet potato, peeled and diced small
25 mL oil
1/8 green pepper, diced
15 ml regular onion, diced
10 mL oil
1 mushroom, diced
1/2 slice of ham, diced
40 ml cheddar cheese, grated
1 green onion, minced (cooked or fresh on top of cheese)
5 mL oil and butter (for each omelet)

METHOD: Each partner should mix up their own 2 egg omelet.

1. Put the vegetable oil in your medium Teflon fry pan and heat up on med-high heat (dial at 8). Add diced potato and fry till golden brown on the outside. Season as desired while frying and turn the heat down to medium to cook the potatoes through for about 10 mins.
2. In your small omelet pan add 10 mL of oil and saute your peppers, mushroom, regular onion, green onion (optional) and ham in the pan for 2 mins or till the vegetables are lightly caramelized.(browned). Remove from pan onto a small plate.
3. Wipe out your frypan with a paper towel. For your personal omelet beat together your two eggs and 15 ml of water in a glass liquid measure and add your chosen seasonings.
3. Heat up a small amount of margarine (5 ml) and oil (2 ml) in the fry pan and put on med-high heat (dial at 7). Add your egg mixture to the hot pan.
4. With your rubber spatula, pull the cooking egg from the outsides to the center in three areas and allow the uncooked liquid egg to run underneath the cooked egg so there is no liquid egg on the top.
5. Once the top part of the omelet is almost cooked solid place your cooked vegetables and cheese on one side and flip one side of the omelet over to cover the fillings. When the cheese has melted and the outside of the omelet is lightly golden, then remove from the pan and serve with golden hash browns.