

RECIPE

FOR: French Omelet

FROM THE KITCHEN OF: Cameron Hughes Wine

PREP TIME: _____ COOK TIME: _____ SERVES: 1 person

INGREDIENTS:

3 eggs

kosher salt

black pepper, freshly cracked

1 Tbsp butter

Italian parmesan cheese

2 Tbsp chopped fresh chives, divided

2 Tbsp olive oil

1 cup fancy mushrooms

1/2 cup shelled, blanched fava beans

2 cups greens

edible flowers, for garnish





DIRECTIONS:

1. Using a fork, whisk the eggs in a small bowl. Season with salt and pepper.
 2. In a small nonstick or well-seasoned cast iron skillet melt the butter over medium heat swirling to coat the sides.
 3. Pour the eggs into the pan and use a nonstick spatula to slowly push the eggs section by section, tilting the pan to allow the liquid egg to run into the bottom of the pan doing your best to maintain an even layer.
 4. Allow the omelet to cook undisturbed for about a minute. The egg should be set on the bottom but still a bit soft on top.
 5. Shower with a generous grating of parmesan cheese and a tablespoon of chives.
 6. Using your spatula, gently fold the omelet into thirds and transfer to a plate.
 7. Return the pan to medium-high heat. Add the olive oil, mushrooms (we used morels), and a generous pinch of salt and pepper and sauté until the mushrooms are golden crisp around the edges.
 8. Empty the pan onto the omelet and garnish with favas and greens.
 9. Add edible flowers for garnish.
- Serve immediately.