



How to cook an egg omelet in less than two minutes

R. Scott Beyer, PhD

Extension Poultry Specialist

**Department of Animal Sciences and Industry, Kansas
State University**

Make it Yourself

Choose your ingredients

Can't go wrong with ham and cheese!



Make it Yourself

Go to a cooker or stove top.

Break 2 eggs in a bowl.....



Make it Yourself

Add a quick shot
of water
(about 2
tablespoons)



Make it Yourself

Scramble them!



Make it Yourself

Pour the eggs
into the hot
skillet

Immediately, dig
a hole from the
side and push to
the middle



Make it Yourself

Tilt your pan,
allow the liquid
eggs to fill the
hole you dug!



Make it Yourself

Add your ingredients on **ONE SIDE**

Work fast – if you see any brown at all on your eggs, then it was overcooked!



Make it Yourself

Then flip the
other side over
the ingredients



Make it Yourself

Plate it up!!!!



Make it Yourself

Ta Da!!!!!!!

For more details, check out the American Egg Boards omelet video:

<https://www.aeb.org/eggs-in-schools/classroom/videos/cook-learn-videos>

