

Egg Omelets w/ Mushrooms

Show: Jan 16th

Ingredients: Serves 2

1 Tbl Butter
1 clove Garlic, minced
1/4 Onion, yellow, sliced thin
1 1/2 cups Mushrooms, sliced thin
2 Tbls Catsup
2 Tbls Sherry
1 dash Worcestershire Sauce
3 Eggs
1 Tbl Ice Water
Salt and White Pepper to taste
1/2 cup Cheese, your choice (sharp cheddar for example)
1-2 Tbls Crème Fraiche or Sour Cream

Procedure:

In a sauté pan heat 1 Tbl butter. Add 1 clove minced garlic, 1/4 thinly sliced yellow onion and 1 1/2 cups sliced mushrooms. Sauté until tender about 3 minutes. Add 2 Tbls catsup, 2 Tbls Sherry and a dash of Worcestershire and set aside keeping it warm.

In another sauté pan best to use a non-stick or a tempered omelette pan. Beat 3 eggs and 1 Tbl ice water, season with salt and freshly ground white pepper. Add 1/2 cup grated cheese and 1-2 Tbls crème Fraiche or sour cream now add the mushroom mixture and fold the omelets over into a serving plate.

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