

Souffled Omelet with Sweet Peppers and Asparagus from KellyintheKitchen

INGREDIENTS

2 eggs, whites and yolks separated
salt and pepper to taste
1/2 cup shredded cheese (I used Parmesan)
grilled veggies, like asparagus and sweet peppers, chopped
1 pat butter
truffle salt (optional)

DIRECTIONS

Put the yolks in a glass or metal bowl (they're going over a double boiler). Season them with salt and pepper.

Bring a small pot of water to a low boil in the stove, and set the yolk bowl over it (but don't let the bottom of the bowl touch the water, or they'll cook too fast.) Using a whisk, beat the yolks over the double boiler until they're ribbony, pale yellow, and just about tripled in size. Scrape into the center of the bowl and set yolks aside.

Next, use your whisk to beat the whites until they're fluffy and stiff. Pour the whites into the bowl with the yolks. Using a spatula, gently fold them together.

Heat a pan over medium high and melt the butter. Pour the fluffy eggs into the pan and cover with a lid.

When the bottom is starting to turn golden brown and the foaminess on top is starting to firm up a bit, spread your veggies and cheese over the whole surface of the omelet.

When the bottom is browned to your liking, gently loosen the sides of the omelet from the bottom of the pan and carefully slide it out. As you do so, fold one half of the omelet over the other. Sprinkle with pepper and truffle salt, if you've got it, or else regular salt.