

ZERO EGG OMELET

with EGG Basics



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Yield: 5 omelets (8") | **Prep time:** 5 minutes | **Cook time:** 8 minutes per omelet

INGREDIENTS

- 400g (1 2/3 cups) EGG Basics liquid*
- Optional fillings: cheese, mushrooms, seasonings, herbs

PREPARATION

1. Add a small portion of oil to a cold, clean pan, such as an 8-inch ceramic omelet pan.
Spread oil thoroughly across the pan, then pour in EGG Basics liquid*
2. Cook over medium-high heat, approximately 3 to 3.5 minutes on one side.
3. Look for small bubbles to form, similar to a pancake. If omelet sticks to pan, gently release it with a spatula. When omelet moves around easily, flip and cook for additional 2 to 3 minutes, until most of the moisture steams out.
4. If adding ingredients, flip omelet once more, add pre-cooked fillings and fold to finish.
5. We recommend finishing with black salt.

PREP AHEAD OF TIME

- Omelets can be made and stored for later use. Refrigerate overnight in closed container.
- To reheat, warm in oven on sheet pan with non-stick spray on parchment

Prep EGG Basics liquid: In a food processor, in order, add 507g ice cold water, 30g oil and 63g EGG Basics powder (non-metric approximate equivalent: 2.25 cups water + 3 Tbsp oil + 9 Tbsp EGG Basics). Blend 30 seconds, scrape down, blend another 30 seconds until thick and uniform. For best results, rest refrigerated 20 minutes before use. Produces 600g (about 2.6 cups) liquid, equivalent to about 12 eggs. Store leftover liquid in refrigerated covered container.

Use within 2 days.

