



Food Fest-Back to Basics

Sugar Shack-style Omelet



Ingredients

30 ml (2 tbsp) soft butter
12 eggs*
60 ml (1/4 cup) 35% cream
5 ml (1 tsp) baking powder

30 ml (2 tbsp) grated Parmesan cheese
180 ml (3/4 cup) milk
30 ml (2 tbsp.) flour
5 ml (1 tsp) herb or garlic sea salt

*Ingredients found at the market (some ingredients are seasonal)

Instructions

1. Preheat the oven to 190°C (375°F).
2. Completely butter an 8- or 9-inch cast-iron skillet. Add the Parmesan cheese and turn the pan so that it is evenly distributed in the bottom and around the edges. Reserve.
3. In the bowl of a blender, put the eggs, milk, cream, flour, baking powder and flavored sea salt. Blend for 1-2 minutes, or until smooth.
4. Pour into the pan.
5. Bake for 25 to 30 minutes.
6. Remove from the oven and serve immediately.

Chef's Secret: Putting Parmesan cheese in the buttered pan allows the omelet to blow (the cheese allows the egg mixture to cling to the edge and stay puffy), in addition to giving it flavor.

