

Masala Omelette

Serves: 4

Prep time: 5 Minutes

Cook time: 5 Minutes

Total time: 10 Minutes

4 tablespoons of Ghee [Indian butter]
or 4 Tablespoons of vegetable oil
8 eggs (Farm fresh/ vegetarian fed, cage free eggs are the best option)
2 tablespoons of milk (optional for extra fluffiness)
1 tablespoon turmeric powder
1 tablespoon garam masala powder
8 tablespoons of a small red onion (chopped very small)
2 tablespoon of fresh ginger (minced)
optional: 1 small red or green chili (minced)
or use 1/4 teaspoon of dried chili flakes (spicy)
Garnish:
1/4 cup of fresh cilantro (leave whole or chopped small)
Fresh ground pepper and sea salt to taste

You'll Need:

1 small sauté pan
1 whisk or fork
1 medium size bowl
1 spatula
1 cutting board
1 knife

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Let's Cook!

Omelette Mixture:

1. Crack 2 eggs on the side of the bowl + add a pinch of turmeric powder + a pinch of salt + pinch of garam masala powder
2. With a whisk or fork beat the eggs until frothy (about 45 seconds)
3. Add milk + beat again to incorporate (optional)
4. Set bowl aside
5. Heat up 1 tablespoons of ghee or oil in sauté pan
 - Add red onion + ginger
 - Sauté for 30 seconds while stirring occasionally
 - Remove from heat + add to egg mixture

Omelette:

1. Place sauté pan on the stove and turn the heat to medium/ high
2. Add 1 tablespoon of oil or ghee + swirl around the pan to heat it up
3. Add a droplet of water to insure that the pan is hot enough; it should sizzle when it's ready
4. Pour 1/4 of the egg mixture into hot pan + cook for 10 seconds + turn heat to medium
5. Cook for 1 1/2 minutes, use spatula to fold in half (omelette should release easily and be golden brown on the bottom)
6. Remove from heat + let rest for 1 1/2 minutes
7. Repeat for remaining mixture (if you have two pans you can make both omelettes at the same time!)
8. Enjoy!

To Plate

Remove omelette from pan + place onto a plate + sprinkle with salt and pepper + cilantro

Chef's Tip

Masala Omelette's are usually eaten with a piece of toast or roti (indian flat bread) and a cup of Chia tea or coffee.

