



You will need: a bowl, a spoon, a fork, a large nonstick frying pan, a rubber spatula, a plate, three eggs, milk, salt and pepper, butter, grated cheese

Step  
**1**



**Crack the eggs** into a bowl. Add a few spoonfuls of **milk**, a generous pinch of **salt**, and some freshly ground **pepper**. **Combine the ingredients with a fork** until incorporated and smooth.

Step  
**2**



Over **medium heat**, melt a generous pat of **butter in the frying pan** and swirl it around to evenly coat the sides and bottom. **Pour in the egg mixture.**

Step  
**3**



As the eggs start to set, use a **rubber spatula** to gently **push aside a small patch** of cooked egg, then **tilt the pan** so that uncooked egg **fills in the gap**. Repeat, working your way around the pan until the eggs have reached the consistency you like.

Step  
**4**



**Sprinkle grated cheese** evenly over the cooked eggs. At this point you can also add any other **fillings** you might want, such as fresh herbs, avocado, smoked salmon, cooked ham, sun-dried tomatoes, or roasted bell peppers. Turn off the burner.

Step  
**5**



Using the rubber spatula, **lift up one edge** of the omelet and **roll it over itself** about one-third of the way. Hold the pan **over a plate** and let the omelet **start to slide** onto it, **flipping the pan** at the last minute so the omelet **folds over itself again**.

\*From the store to the kitchen to the table: We outline the steps that get you from something raw to something cooked using simple ingredients, free of measurements and complicated techniques. A method that you can have in your back pocket and whip out whenever you like. We call it recipe-free cooking.