

Donald's ham and cheese omelette

Ingredients:

- Olive oil or other cooking oil for frying pan
- 2 large eggs
- 1 oz milk
- Salt to taste
- 15g to 20g (3/4 oz) chopped / lightly ground ham
- Approximately 8 to 10 slices of cheese of the block
- 1/2 teaspoon baking powder

Equipment:

- 6" / 15cm round non-stick frypan (appropriate to stove top used, including induction compatible as appropriate)
- Mixing bowl
- Measuring cup
- Measuring spoon (1/2 teaspoon)
- Whisk or fork
- Soup spoon
- Cover for frypan (aluminum pie plate, plate, etc.)
- Egg flipper
- Stove top / single burner portable stove (if stove is induction, induction compatible pan is required)

Making the omelette:

- If not done in advance, chop ham finely or grind in a coffee grinder
- If not done in advance, slice 8 to 10 pieces of cheese of a block of cheese
- Place frypan on stove
- Turn on stove to a low setting
- Add olive oil to frypan
- Break eggs in mixing bowl
- Add milk
- Add salt to taste (a dash or two)
- Add baking powder
- Whisk egg and milk mixture
- When pan is hot, transfer egg and milk mixture to pan, using a spoon as necessary to transfer all the mix
- Cover pan
- After a few minutes when the egg mix is mostly congealed, place a layer of 4 to 5 slices of cheese to cover half the omelette
- Place chopped / lightly ground ham on top of cheese
- Cover ham with another layer of 4 to 5 slices of cheese
- Using the egg flipper, gently lift uncovered half of the omelette and fold over the cheese and ham covered half of the omelette
- Place cover on pan for a minute or two
- Using the egg flipper, gently cut the omelette in two
- Using the egg flipper, gently turn over each omelette half
- Cover pan again

- After a minute or two, remove omelette halves from pan and serve
- Omelette freezes "acceptably", or keeps in the refrigerator for up to a week