

Parmesan-Chive Soufflé Omelette

4 large room-temperature eggs
½ cup snipped chives
⅓ cup grated Parmesan
Pinch of salt
White pepper to taste
⅛ teaspoon cream of tartar
4 tablespoon butter

Separate the eggs into two large bowls. Snip the chives into small bits. Melt the butter.

Beat the egg yolks until light and lemon colored. Fold in the snipped chives.

Add a pinch of salt to the egg whites. Beat them until frothy, sprinkle on the cream of tartar, and grind in some white pepper. Continue beating until the egg whites hold very firm peaks.

Stir ¼ of the beaten egg whites into the beaten yolks. Mix thoroughly. Gently fold in the remaining egg whites, sprinkling it with most of the grated Parmesan as you continue. Try not to break down the whites.

In a large oven-proof skillet (preferably cast iron), pour in most of the melted butter, making certain the entire bottom and sides of the pan are glazed with it.

Pour the egg mixture into the pan, smoothing it out with a spatula. Place over very low heat. Cook for about 6-8 minutes until the omelette has begun to rise. Lift the omelette with a spatula to be certain the underside is a light golden brown, but is not burning.

Gently brush the top of the omelette with the remaining melted butter, then sprinkle the remaining Parmesan over the top.

Place the pan about 6-8-inches away from the heating unit, and broil just until the top becomes lightly browned—about 2-3 minutes.

Fold the omelette in half and turn it onto serving plates. Garnish with sprigs of watercress or parsley. Can also be served with a tomato sauce, if you wish.

Serves 2