

### Egg Omelets w/ Mushrooms

Show: Jan 16th

---

**Ingredients:** Serves 2

1 Tbl Butter  
1 clove Garlic, minced  
1/4 Onion, yellow, sliced thin  
1 1/2 cups Mushrooms, sliced thin  
2 Tbls Catsup  
2 Tbls Sherry  
1 dash Worcestershire Sauce  
3 Eggs  
1 Tbl Ice Water  
Salt and White Pepper to taste  
1/2 cup Cheese, your choice (sharp cheddar for example)  
1-2 Tbls Crème Fraiche or Sour Cream

**Procedure:**

In a sauté pan heat 1 Tbl butter. Add 1 clove minced garlic, 1/4 thinly sliced yellow onion and 1 1/2 cups sliced mushrooms. Sauté until tender about 3 minutes. Add 2 Tbls catsup, 2 Tbls Sherry and a dash of Worcestershire and set aside keeping it warm.

In another sauté pan best to use a non-stick or a tempered omlette pan. Beat 3 eggs and 1 Tbl ice water, season with salt and freshly ground white pepper. Add 1/2 cup grated cheese and 1-2 Tbls crème Fraiche or sour cream now add the mushroom mixture and fold the omelets over into a serving plate.

[« Back to List of Recipes](#)