Steven Ledington

Ben Sullivan

Hour 2nd

Omelette

Directions

* To make an omelette you have to start by Beat eggs, water, salt and pepper in small bowl until blended.
* Heat butter in 7 to 10- inch nonstick omelette pan or skillet over medium-high heat until hot.
* Gently push cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface.
* When top surface of eggs is thickened and no visible liquid egg remains, place filling on one side of the omelet.
* Fold omelet in half with turner with a quick flip of the wrist, turn pan and invert or slide omelet onto plate.
* Serve

Ben- Hello this is Steven and Ben from the Ben and Steven show.

Steven- Today we are going to be making a cheese omelette.

Ben- To make an omelette first you have to beat the eggs, water, salt and pepper in the small bowl.

Steven- After that you heat the butter in 7-10 inch nonstick omelette pan.

Ben- Next you gently push cooked portions from edges toward the center.

Steven- When the eggs thickened, place filling on one side of the omelette.

Ben- Fold omelette in half with a quick flip of the turner.

Steven- That is how you make an omelette.

Ben- That's all today from the Steven and Ben show.

Steven- See you later, have a nice day.

States of Matter

* Hot-not scalding-tap water
* Crack the eggs in a small bowl or a large bowl.

Chemical and Physical changes

* Cooking eggs is a chemical change, but cooking them in a thin layer, putting ham, cheese, tomatoes, and mushrooms on the thin layer and folding it over is a physical change.