

## Broccoli and Goat Cheese Souffléed Omelet

From the show, "Sara's Weeknight Meals," hosted by Sara Moulton  
Episode 306, Season 3

**Serves:** 2

**Hands-on time:** 15 minutes

**Total preparation time:** 27 minutes

### **Ingredients**

1/2-pound cooked broccoli, coarsely chopped

3 ounces fresh goat cheese, crumbled

Kosher salt and freshly ground black pepper

1 tablespoon vegetable oil

5 large eggs, separated

2 tablespoons all-purpose flour

### **Directions**

Preheat oven to 375° F. Toss the broccoli with the goat cheese and salt and pepper to taste.

Heat the oil in a 10-inch nonstick or stick resistant skillet with a heat proof handle until it is hot and tilt the pan to coat the bottom with the oil; remove from the heat. Whisk the egg yolks with the flour, 1/2 teaspoon salt and 1/4 teaspoon pepper until the mixture is thick and fluffy, about 3 minutes. Beat the egg whites with an electric mixer until they hold soft peaks. Stir one quarter of the whites into the yolks and then fold the remaining whites into the yolk mixture gently but thoroughly. Pour the egg mixture into the skillet, spreading it evenly.

Bake the omelet in the middle of the oven for 10 minutes, or until it is puffed and almost cooked through, spoon the filling down the middle of it, and with a spatula fold the omelet in half to enclose the filling. Bake the omelet in the middle of the oven for 2 minutes more, or until the cheese is melted and the omelet is cooked through.

From the "Sara's Weeknight Meals"

COOK'S NOTES:

### **Tips for getting the most volume out of egg whites**

1. The fresher the eggs the better. If you can buy them right from the farmer, that would be ideal
2. Separate the eggs when they are cold. (The yolk is less likely to break and get into the whites)
3. Separate the eggs with your impeccably clean hands rather than by using jagged-edged egg shells. I just crack the egg into my palm, toss the shell, and let the white run through my fingers. This way the yolk never breaks and you will end up gathering more of the white.
4. Let the separated eggs come to room temperature before you beat them.
5. How do you do this quickly? First, go ahead and separate the eggs when they're fresh out of the fridge. Then put the whites in one bowl and the yolks in another and float each bowl in a larger bowl of hot water. Ten minutes later the eggs will be at room temp.

6. Make sure the bowl and beaters are very clean. If you have a copper bowl, use it. Several kitchenware companies make a copper bowl to go with your stand mixer. It is expensive but well worth it if you cook a lot with egg whites.