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Savory Souffléed Omelet

Souffléed Omelet with Cheese and Herbs

serves 4

4 large eggs, separated

Salt and pepper, to taste

1 to 2 tablespoons of butter

2 tablespoons fresh tarragon, chopped

1/4 cup grated Stilton with Lemon Zest*

Preheat the oven to 375 F.

In a large glass mixing bowl, beat the egg whites until stiff, but not dry. Without cleaning the beaters, beat the egg yolks with the salt and pepper in a small mixing bowl until thick and light. Fold the yolk mixture gently into the whites.

Melt the butter in a 10-inch, ovenproof skillet over medium heat until it begins to foam. Once the foam has subsided, but before the butter begins to brown, pour the egg mixture into the pan, spread evenly and smooth the top. Let it sit for a few seconds, then shake the pan back and forth to discourage sticking. Cover the pan with a lid whose underside has been buttered to prevent sticking. Reduce the heat and cook for 5 minutes.

Remove the cover and sprinkle the top of the omelet with the tarragon and cheese. Place the skillet in the oven and bake until the top is set, 3 to 5 minutes.

Slide the omelet out onto a warmed plate, cut into fourths and serve immediately.