



The Quintessential Indian Omelet Recipe

We popped into the Asia Society for an exhibit one evening to discover their in-house restaurant, the Garden Court Café, serves excellent food! Art and fine cuisine, all in one huge, beautiful place you've probably never visited. This Indian omelet recipe was originally conceptualized by Chef Calvin Nguyen's sous-chef, Litesh, who grew up eating this classic breakfast/snack in India. Chef Calvin noted that in the kitchen, he often talks with his staff about the food they grew up with as it's a passion they all share.

"It's a deceptively simple dish that relies on a few fresh ingredients," says Chef Litesh, "however, it is totally customizable and can be made with a million different variations; some include a different spice mix, some add carrot or cheese and some cook the egg until it is lightly browned. I think this is the appeal for diners, that it is a very personal dish. The way an individual likes it may have to do with what region he or she is from or how his or her mom made it growing up."



1 omelet

INGREDIENTS

2 eggs, well beaten
1 tablespoon red onion, small dice
2 tablespoons tomato, small dice
1 teaspoon (more or less depending on preference) fresh chilies, finely diced
2 tablespoons cilantro leaves
1 tablespoon oil for cooking
1 pinch ground cumin
salt to taste

DIRECTIONS:

Heat a nonstick pan over medium-high heat.
Add a tablespoon of oil.

Add onions and chilies and cook until the onions are slightly translucent.

Add cumin and cook until fragrant.

Add enough egg to form a thin layer on the pan.

Moving constantly with a heat-proof spatula, pay special attention to the egg that collects on the sides of the pan.

As curds begin to form, add salt and cilantro. Continue moving the egg to distribute the tomato, chilies, onion and cilantro.

When it is mostly set on the bottom but still wet on the top, lift one side of the omelet and fold over into a semicircle.

Lower the heat and continue to cook until the center is cooked to desired doneness, making sure the outside does not get too much color.

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