

# The Bear Omelette



Preparation time: 10 mins

Serves: 1 person

User Rating: ★★★★★

Publication: 25 October 2023

Categories: Quick & Easy, TikTok Recipes, Breakfast Recipes, Vegetarian, Meals for One

Of course, we had to do it.

The Boursin Omelette scene from Hulu's 'The Bear' was the most talked about dish from season two of the restaurant-themed drama series. SBS Food editor and lover of all things food, [Camellia Ling Aebischer](#) gives us her take on the unconventional, show-stealing omelette. Trust us, it does not disappoint.



## Ingredients

- 3 eggs
- ½ tsp salt
- 1 Tbsp butter
- 2 Tbsp soft herbed cheese (e.g. Boursin)
- Butter, to garnish
- 1 tsp chives, chopped
- 2 Tbsp sour cream and onion chips, crushed

- Cracked black pepper, to serve

## Method

1. Place a sieve over a small bowl and crack the eggs into the sieve. Using a fork whisk the eggs over the sieve until they pass through. This could take a few minutes.
2. Season with salt and set aside.
3. Place a medium nonstick frying pan over medium heat. Add 1 tablespoon of butter and allow to melt. When bubbling, add the eggs and using a spatula stir the eggs, shaking the pan to break up any curds that form.
4. When the eggs are still runny but beginning to set, smooth them into an even layer. Place or pipe a row of soft cheese in a line along one-third of the omelette. Use a spatula to gently fold it into thirds.
5. Place the omelette on a plate and rub it with a little butter for a glossy finish. Garnish with chives, chips and cracked black pepper.

## Notes

- Whisking your eggs into a sieve is essential for a smooth, silky omelette.