

Converting a Recipe #1

Directions: Convert the recipe for *Omelet with Cheese* that follows by using the “Total Yield Conversion Method.” Use the steps that follow.

Omelet with Cheese

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS:

30	Eggs
	Salt and ground white pepper, to taste
8 oz.	Milk
5 oz.	Clarified butter, melted
3 oz.	Fresh parsley, washed, excess moisture removed, and chopped
1 lb.	Cheese, julienne

METHOD OF PREPARATION:

1. Season the eggs with salt and pepper. Add the milk, and **whisk** until the eggs are well combined.
2. Heat an omelet pan with $\frac{1}{2}$ oz. of butter.
3. When hot, add a 6-oz. ladle of egg mixture.
4. Shake the pan, and mix the eggs until they begin to firm, lifting the edges to allow liquid egg to run underneath (see chef notes).
5. When the omelet is almost firm, or 145°F, turn it over.
6. Place the cheese in the center of the omelet, fold, and roll onto a preheated dinner plate. Serve immediately, or hold at 135°F or above.
7. Repeat the procedure until all of the eggs are cooked.
8. Garnish with chopped parsley.

(Continued on next page)