



Open Face Asparagus Omelet

By Susan Spungen for Susanalinity

Serves 2

Pencil asparagus — the thinner the better — work best here, but if you only have bigger ones, simply cut them in half lengthwise and trim them to 8 inches or less so they fit in the pan. When making two omelets, keep one warm on the plate in a 175°F oven while you make the second one.

- 6 ounces pencil asparagus
- 1/2 teaspoon olive oil
- 2 spring onions or small shallots, sliced into rings
- Kosher salt
- 4 large eggs
- 1/4 ounce grated Parmigiano Reggiano
- 2 teaspoons unsalted butter, divided
- 1 ounce soft goat cheese
- 2 thin slices prosciutto (optional)
- Fresh soft herbs like chives, tarragon, chervil
- Flaky sea salt
- Freshly ground pepper

1. Snap the tough ends off of the asparagus and wash well. Set a small (8-inch) nonstick pan over medium heat and add the oil. Add the asparagus and the onion, sprinkle with a big pinch of salt and add 1 tablespoon of water. Cover the pan and cook for 3 to 4 minutes, until crisp tender. It may take longer if you have thicker asparagus.
2. Remove the asparagus with a pair of tongs, setting them on a plate. Let the onions cook 1 minute longer until softened and beginning to brown. Transfer to the plate with the asparagus.
3. Rinse the pan and wipe it out with a paper towel. Beat two of the eggs in a small bowl and season to taste with salt and pepper. Add half the Parmigiano.
4. Heat the pan again over medium to medium-low heat and add 1 teaspoon butter. Add the egg mixture, and immediately start pulling the edges towards the center with a rubber spatula, letting the runny egg flow to the edges of the pan. Continue until the egg is mostly set, about 1 minute.
5. Reduce heat and top with half the goat cheese, crumbled, and half the asparagus and onion mixture (or as much as you want to use). Cover the pan until the top of the omelet is somewhat dry, about 1 minute.
6. Slide onto a serving plate and top with a slice of prosciutto, herbs, and a sprinkle of flaky salt and a few grinds of pepper. Repeat the process to make a second omelet.