

Betty's Southern-Style Tex-Mex Omelet



Uploaded on 17 May 2011

In this video, Betty demonstrates how to make her original Southern-Style Tex-Mex Omelet. This omelet is a blend of beaten eggs, onion, jalapeno pepper, cream style corn, pork sausage, and a touch of cornmeal and seasonings. It is delightful!

Ingredients (for two omelets):

½ tablespoon butter, plus a splash of extra virgin olive oil (used twice)
2 tablespoons onion, finely chopped
½ jalapeno pepper, finely chopped, with seeds and inside fiber removed
5 eggs
¼ teaspoon baking powder
4.25-oz. cream style corn (1/2 of an 8.5-oz. can)
¼ cup self-rising cornmeal mix
¼ pound pork sausage, browned and drained (Pat the drained sausage with a paper towel to remove excess grease.)
salt, to taste
pepper, to taste
½ to 1 cup shredded Colby and Monterey Jack cheese blend

Place ½ tablespoon butter, plus a splash of olive oil in a 10-inch skillet. Heat over medium heat and then add 2 tablespoons finely chopped onion and ½ of a jalapeno pepper, finely chopped. Sauté until onion and pepper are soft. Set aside. In a large mixing bowl, add 5 eggs and ¼ teaspoon baking powder. Beat with an electric mixer until light and fluffy. Add ¼ pound of browned and drained pork sausage, ½ of an 8.5-oz. can of cream style corn, ¼ cup cornmeal mix, salt and pepper, to taste, and finally, the sautéed onion and pepper (which have cooled a bit). Stir all ingredients until well-combined. This mixture should make 2 omelets in a 10-inch skillet. Replenish the oil in the skillet where the vegetables were sautéed by adding ½ table-spoon butter and a splash of olive oil. Heat over medium-high heat until until the residue of the removed onions and pepper sizzles. Ladle ½ of the omelet mixture into the skillet. Let the omelet cook over medium-high heat, checking occasionally to see if the bottom is brown and the top is solid enough to turn. Slide a spatula under the omelet under the omelet and flip it over, so that the other side can cook. It will only take a small amount of time for the omelet to be fully cooked. Sprinkle ¼ to ½ cup of shredded Colby and Monterey Jack cheese blend over ½ of the omelet. Fold the other half of the omelet over the top of the half that is coated with cheese. Slide the omelet out of the skillet onto a serving plate and serve immediately. This is great accompanied by extra cheese and some pickled jalapeno peppers. Enjoy!!! --Betty