

In well oiled saute pan, break up and cook 100 g. (1/4lb.) ground pork (mince with fork). Allow to cool.

In a large stainless steel bowl, mix together

2 eggs

1T fish sauce

1T cornstarch (optional) well mixed in, beat mixture until frothy.

Add cooked cooked pork. 2 thin sliced green onions (optional). Stir.

Add 3/4C vegetable oil and deglaze (scrape) pan. Heat over medium heat until very very hot. Pour in the egg mixture and cook until browned and crispy on one side, about 1 minute.

Flip and cook until the other side is browned but the inside is still soft, 1 minute more. Remove immediately to serving plate.

Serve with steamed rice and choice of hot sauce.

1)Traditional thai Nam Pla Prik: Thai chillies and fish sauce.

2 small red or green thai chilis (Prik). Chop the chillies into small rings.

To handle the chillies, hold the stem and then cut towards the stem. Put those in a bowl and cover with fish sauce 1/2C fish sauce (thai Nam Pla). Add 1T lime juice (Optional). Keeps indefinitely in fridge.

2)Sriracha sauce (Viet, Thai, Chinese) all similar and available in Asian markets as Chili Garlic Sauce.

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Notes from source.

www.shesimmers.com/2009/05/how-to-make-thai-style-omelets.html

The trick is to use *lots of oil* and *high heat*. When done right, the omelet won't be oily at all. Thai omelettes are not exactly /deep-fried/like donuts or fried chicken; they are, for lack of a better term, flash-fried. The egg mixture puffs, crisps, and browns up /instantly/ once it hits the oil. If both sides of your omelet do not crisp or brown up properly in less than a minute, either *the oil isn't hot enough* or you get scared and put in *less oil than instructed*.

Beat the egg mixture with a fork or a small whisk until it is frothy.

Your eggs don't need to be beaten as if you were making sponge cake or sabayon; you just want to get the eggs to be light and airy.

Beat in *one tablespoon of rice flour*(potato starch or cornstarch works as well); make sure the flour is *completely interspersed* with the egg mixture (lumps are bad, /really bad/). *The flour is what makes the edges of the omelet nice and crispy*. A lot of people skip this step which is fine; this is just one of those *tricks of the trade*I have learned from chatting with street vendors. I like the crispy edges, so this is what I always do.

Once *the oil starts smoking*, it is ready. Add the frothy egg mixture into the hot oil and see how it puffs up before your eyes. If you crave drama in the kitchen, *hold the egg bowl about a foot or so above the wok* and pour. This will create the milk crown effect which causes your Khai Jiaw to develop jagged edges and asymmetry which lead to *more pronounced inner layers* and *peripheral crispiness*.

Count to 20 Mississippis, flip the omelette once (don't worry if you mess it up while flipping; anything that creates jagged edges and asymmetry works well here), and count another 20 Mississippis. Take the omelet out of the pan and place it on top of the rice. Drizzle some Sriracha sauce