

Eggs featured in microwave oven recipes



Peaches and an omelet team together to make a special treat at any meal. This recipe can be made

DURHAM, N. H. — Preparing an elegant dessert for an intimate gathering can become a living drama. One should invite guests out to the kitchen to watch a Puffy Peach Omelet spectacular being produced. If one owns a microwave oven, the whole show will seem almost like sleight out of hand. And, even with conventional cooking, a puffy omelet is an easy, sure-fire show of shows.

The high and handsome omelet requires no special talent, but does look like the work of an artist. For this peach-topped version, a person heats peaches, honey and spices in the microwave appliance, or cooks them range top, while preparing the eggs. Once the whites are beaten to stiff peaks and the beaten yolks are folded in, the rest is practically automatic.

Defrost is the recommended microwave setting for omelets. New microwave cooks are sometimes surprised to learn that this setting works for many jobs other than thawing. It does have multiple uses, especially with delicate foods such as eggs, that can overcook in a flash on higher settings.

Everyone will be delighted at the cloud-like tenderness of the omelet. (And it's usually light and delicate when cooked in the microwave.) To turn this showy special into a main dish omelet, one can just omit the sugar and turn to a savory, rather than sweet topping. Tomato sauce, ham or cheese, even creamed mushrooms would be a great finish.

PUFFY PEACH OMELET

2 peaches, peeled and sliced
2 tablespoons honey
1/8 teaspoon pumpkin pie spice

4 eggs, separated
1/4 cup water
1/2 teaspoon granulated sugar
1/4 teaspoon salt
1/4 teaspoon cream of tartar

In small microwaveable bowl combine sliced peaches, honey and spice, stirring to coat peaches evenly. Microwave on High 1 to 2 minutes or until peaches are tender and mixture comes to a full boil. Cover with plastic wrap to retain heat and set aside. In large mixing bowl beat egg whites, water, sugar, salt and cream of tartar until stiff but not dry, just until whites no longer slip when bowl is tilted. In small mixing bowl beat egg yolks at high speed until thick and lemon-colored, about 5 minutes. Gently but thoroughly fold yolks into whites. Pour omelet mixture into lightly buttered 9-inch pie plate. Gently smooth surface. Microwave on Defrost 8 minutes or until top of omelet feels firm when lightly touched. Quickly but carefully turn out onto serving plate or platter. Spoon peaches and sauce over top of omelet. Cut in wedges and serve immediately.

Conventional Method:

In small saucepan combine peaches, honey and pumpkin pie spice stirring to coat peaches evenly. Heat just to simmering, then lower heat and keep warm while preparing omelet. In large mixing bowl beat egg whites, water, sugar and salt until stiff but not dry, just until whites no longer slip when bowl is tilted. In small mixing bowl beat egg yolks at high speed until thick and lemon-colored, about 5 minutes. Gently but thoroughly fold yolks into whites. Heat buttered 10-inch oven proof (to oven-proof handy, wrap with foil) omelet pan or skillet over medium-high heat until just

using both conventional cooking or a microwave oven.

hot enough to sizzle a drop of water. Pour in omelet mixture, gently smooth surface. Reduce heat to medium. Cook slowly until puffy and lightly browned on bottom, about 5 minutes. (Lift omelet at edge to judge color.) Bake in preheated 350°F. oven 10 to 12 minutes or until knife inserted halfway between center and outside edge comes out clean.

To serve: Loosen edges with spatula and slide onto serving platter. Spoon reserved peach mixture over omelet. Cut in wedges and serve immediately.

There are many other microwave oven recipes that featured eggs. Microwaves can produce delicate light omelets and fluffy scrambled eggs, according to the Northeast Egg Marketing Association.

One should refer to the microwave cookbook for basic directions to poach, fry, scramble, and bake eggs. A person should always puncture the yolk with a wooden pick to prevent popping and never attempt to hard-cook or reheat eggs in the shell.

Since omelets cook very quickly, the filling should be prepared before one starts the omelet.

The amount of time needed to cook eggs in the microwave depends on several factors. The initial temperature and the size of the eggs, and the recipe's ingredients such as water, sugar, and fat affect the cooking time. If one is unsure of cooking times, a person should always undercook. Overcooking will produce a tough rubbery product and many cause the egg to pop or burst.

Listed below are some more egg microwave oven recipes. For more recipes, one can send a stamped, self-addressed business envelope

to Ms. Christine Bushway, Northeast Egg Marketing Association, P. O. Box MM, Durham, New Hampshire, 03824. They will send a pamphlet describing different recipes.

SUNSHINE BREAKFAST EGGS

1 1/2 tablespoons butter or margarine
4 eggs
1/4 cup milk
1 tablespoon chopped chives
1/4 teaspoon salt
Dash pepper
2 English muffins, split, toasted
4 Canadian bacon or ham slices
4 American cheese slices, cut in half diagonally

Melt butter in 2 cup glass measure; add eggs, milk, chives and seasonings. Cook 4 to 4 1/2 minutes on roast, stirring after 3 minutes of cooking. Cover; let stand 3 minutes. For each sandwich, top muffin half with Canadian bacon slice and eggs. Top with two cheese triangles. Cook 1 minute on full power or until cheese melts. 4 servings.

SAUSAGE SCRAMBLE

1/4 lb. bulk pork sausage
6 eggs
1/2 cup milk
1/2 teaspoon salt
1/8 teaspoon pepper
1 7-oz. can whole kernel corn, drained
1/4 cup green onion slices

Line 8-inch square baking dish with double layer of paper towels. Crumble sausage onto paper towels; cover with additional paper towel. Cook 2 1/2 to 3 minutes on full power; remove paper towels. Beat together eggs, milk and seasonings. Add egg mixture, corn and onion to sausage; mix well. Cover; cook 5 minutes on full power, stirring after 3 minutes of cooking. Stir; cover. Let stand 5 minutes before serving. 4 servings.

(Turn to Page 54)

See your nearest

SPERRY NEW HOLLAND

Dealer for
Dependable Equipment and
Dependable Service:

Airville, PA
Airville Farm Service
Airville, PA
717-862-3358

Alexandria, PA
Clapper Farm Equipment
R D 1
814-669-4465

Anville, PA
B H M Farm Equipment, Inc
R D 1
717-867-2211

Beavertown, PA
Ben H Walter
Beavertown, PA
717-658-7024

Bernville, PA
Stanley A Klopp, Inc
Bernville, PA
215-488 1510

Biglerville, PA
Wolff Farm Supply Co
Biglerville, PA
717-677-8144

Carlisle, PA
Paul Shovers, Inc
35 East Willow Street
717-243-2686

Catawissa, PA
Abraczinskas Farm
Equipment, Inc
R D 1
717-356-7409

Chambersburg, PA
Clugston Implement, Inc
R D 1
717-263-4103

Chester Springs, PA
Nevin N Myer & Sons, Inc
Chester Springs, PA
215-827-7414

Daidsburg, PA
George N Gross, Inc
R D. 2, Dover, PA
717-292-1673

Elizabethtown, PA
Messick Farm
Equipment, Inc
2750 North Market St
717-367-1319

Gettysburg, PA
Yingling Implements
R D 9
717-359-4848

Halifax, PA
Sweigard Bros
R.D. 3, Box 13
717-896-3414

Hanover, PA
Sheets Bros, Inc
Carlisle Street
717-632-3660

Honey Brook, PA
Dependable Motor Co
East Main Street
215-273-3131

Honey Grove, PA
Norman D Clark & Son, Inc
Honey Grove, PA
717-734-3682

Hughesville, PA
Farnsworth Farm
Supplies, Inc
103 Cemetery Street
717-584-2106

Lancaster, PA
L.H. Brubaker, Inc
350 Strasburg Pike
717-397-5179

Lebanon, PA
Evergreen Tractor Co., Inc
301 Evergreen Road
717-272-4641

Lititz, PA
Roy A. Brubaker
700 Woodcrest Avenue
717-626-7766

Loysville, PA
Paul Shovers, Inc
Loysville, PA
717-789-3117

Lynnport, PA
Kermit K. Kistler, Inc
Lynnport, PA
215-298-3270

McEwensville, PA
Don's Service Shop
Box 97
717-538-1362

Mill Hall, PA
Paul A. Dotterer
R D 1
717-726-3471

New Holland, PA
A.B.C. Groff, Inc
110 South Railroad
717-354-4191

Oley, PA
A.J. Noss & Son, Inc
R D 2
215-987-6257

Orwigsburg, PA
Paul J. Eichert & Son
R D 1
717-943-2304

Palm, PA
Wentz Farm Supplies, Inc
Rt 29
215 679-7164

Pitman, PA
Marlin W. Schreffler
Pitman, PA
717-648-1120

Quarryville, PA
C.E. Wiley & Son, Inc
101 South Lime Street
717-786-2895

Reedsville, PA
Big Valley Sales & Service,
Inc
P O Box 548
717-667-3944

Ringtown, PA
Ringtown Farm Equipment
Ringtown, PA
717-889-3184

Silverdale, PA
I G's Ag Sales
Box 149
215-257-5135

Tamaqua, PA
Charles S. Snyder, Inc
R.D. 3
717-386-5945

Waynesboro, PA
Blue Ridge Fruit Exchange,
Inc
Waynesboro, PA
717-762-3117

West Chester, PA
M S Yearsley & Son
114-116 East Market Street
215-696-2990

West Grove, PA
S G. Lewis & Son, Inc
R D 2, Box 66
215-869-2214

Churchville, MD
Walter G. Coale, Inc
2849-53 Churchville Rd
301 734-7722

Rising Sun, MD
Ag-Ind Equipment Co., Inc
R D 2, Route 273 East
301-398-6132
301-658 5568

Woodstown, NJ
Owen Supply Co
Broad Street & East Avenue
609-769-0308