



## Ladies Have You Heard?

By Doris Thomas  
Lancaster Extension Home Economist

### TURN ZUCCHINI INTO AN ENTREE

The end of the garden at harvest time is often just the beginning of delicious dishes — such as Garden's End Puffy Omelet. When your zucchini crop is overly abundant or zucchini is specially priced at the supermarket, this elegant entree is both a tasteful and economical choice.

A puffy omelet is easy to make, too. Separate the eggs and beat the yolks and whites. (The whites are done when they no longer slip in a tilted bowl.) Fold the beaten yolks and whites together — along with shredded zucchini in this recipe — spread in a pan and cook. It takes only about 5 minutes on top of the range and 10 minutes in the oven to completely cook the puffy mixture. Then, top with cheese and enjoy!

Garden's End Puffy Omelet makes a lovely candle-lit dinner-for-two entree. You can double the recipe to serve four. Cook in two pans staggered in the oven for best heat circulation.

**Garden's End Puffy Omelet**  
4 eggs, separated  
¼ cup water  
½ teaspoon cream of tartar  
¼ teaspoon salt  
1 small zucchini, shredded (about 6 oz.)  
¼ teaspoon basil leaves, crushed  
1 tablespoon butter  
½ cup shredded Cheddar cheese or grated Parmesan cheese, divided

In large mixing bowl, beat egg whites with water and cream of tartar at high speed until stiff but not dry, just until whites no longer slip when bowl is tilted. In small

mixing bowl, beat egg yolks with salt at high speed until thick and lemon-colored. Stir in zucchini and basil. Gently, but thoroughly, fold yolk mixture into whites.

In 10-inch omelet pan or skillet with oven-proof handle over medium-high heat, heat butter until just hot enough to sizzle a drop of water. Pour in egg mixture and gently smooth surface. Reduce heat to medium. Cook until puffed and lightly browned on bottom, about 5 minutes. (Lift omelet at edge to judge color.) Bake in preheated 350 degree oven until knife inserted halfway between center and outer edge comes out clean, about 10 to 12 minutes. Loosen omelet edges with spatula.

To serve folded, with a sharp knife, cut upper surface down center of omelet but do not cut through to bottom of omelet. Sprinkle with ¼ cup of the cheese. Tip skillet. With pancake turner, fold omelet in half and invert onto warmed plate or platter with a quick flip of the wrist. Sprinkle with remaining cheese.

To serve open-faced, invert pan over warmed plate or platter, or slide omelet from pan onto plate. Sprinkle with all of the cheese. Cut in half or into wedges. Serve immediately.

## Penn State offers book on amateur winemaking

UNIVERSITY PARK — Fall is often a time for amateur winemakers to test their skills. So if you're a wine hobbyist, you may want to obtain the revised and expanded version of the book entitled "Winemaking as a Hobby," published by the college of Agriculture at Penn State.

The publication gives detailed information on the various procedures the hobbyist should follow in obtaining an excellent quality wine. Included are numerous illustrations and photographs. The book measures 8½ by 11 inches and contains 88 pages.

"High quality wines can be made by the amateur," says the author, Donald L. Ace, Penn State Extension specialist. "In fact, many home-produced wines often are superior to commercial products," he adds.

This Penn State book on winemaking describes wine types, equipment and chemicals, the winemaking process, bottling, storing and aging, chemical testing, rules for serving, and grape species and varieties. The current edition was published in 1977.

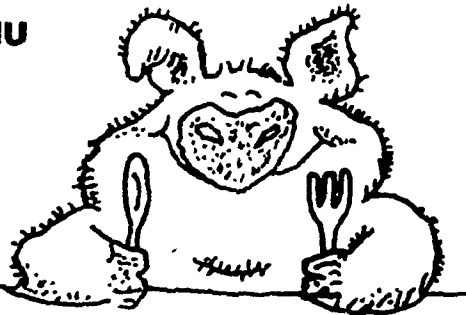
"Winemaking as a Hobby" is available for \$2.75, tax and shipping included, from Winemaking, Department 6000, University Park, PA 16802. Checks or money orders should be made payable to Pennsylvania State University.

When ordering by mail, allow at least two weeks for delivery. At the campus, copies are available in room 204 of the Agricultural Administration Building.

The book includes a special devoted to the amateur who is interested in the process of winemaking by recipe.

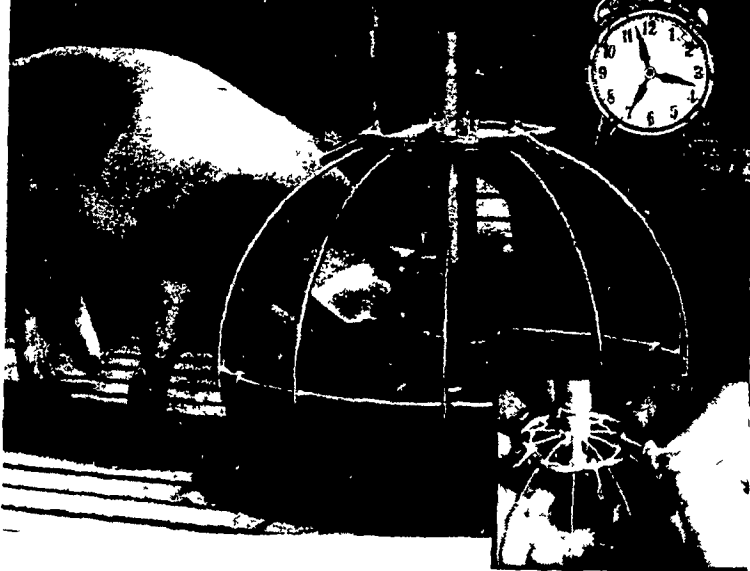
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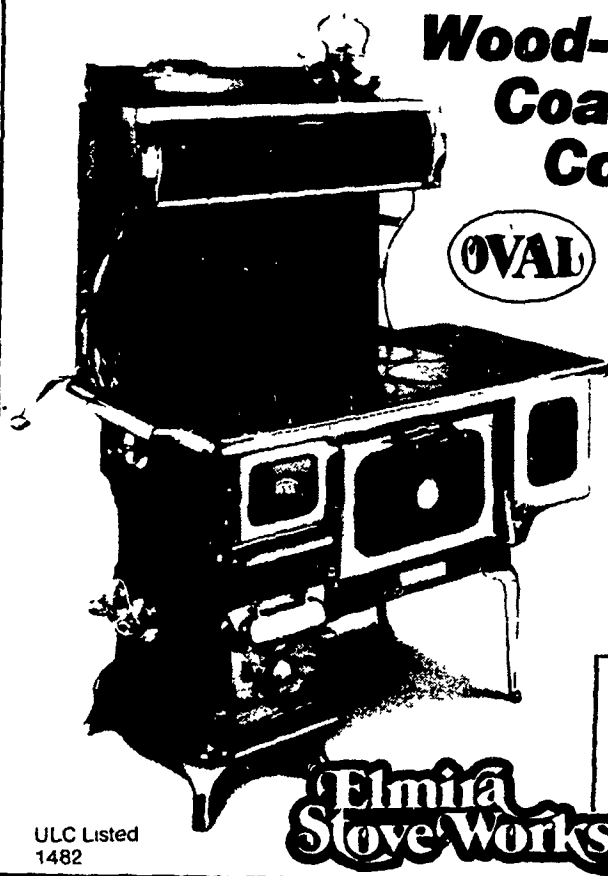
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