



Stuff omelets with your favorite combination of fillings.

How To Cook 'Eggsactly' Perfect Omelets

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LANCASTER (Lancaster Co.)

— Want to entertain by serving something different, fun, inexpensive, and impressive?

Throw an omelet party.

After you demonstrate omelet making to your guests, each one can make their own omelet.

Omelets are popular any time of the day. They may be served plain, but the addition of fillings makes an endless variety of omelets possible. Flavor the omelet, filling or both with about 1/4 - 1/2 teaspoon of your favorite herb or spice or a seasoning blend from a salad dressing, soup or other flavoring mix. There's no limit to the range of exciting ideas. Here are some possible fillings that may be mixed and matched, according to personal preference. Use one or more filling ingredients to total about 1/4 to 1/2 cup filling for each omelet.



Lancaster County Poultry Ambassador Michele Stauffer adds a bit of pizzazz to omelet making when she flips an omelet for guests at a food fest.

SUGGESTED FILLINGS:

- chopped onion
- chopped green or red peppers
- cubed ham
- bacon, fried and crumbled
- mushrooms
- pizza or spaghetti sauce
- broccoli, cooked and drained
- chopped celery
- salmon, drained and flaked
- zucchini, cooked and drained
- chopped green chilies
- shrimp, cooked, deveined
- preserves or jam
- tomatoes
- cheese
- canned pie filling
- leftover turkey, chicken, beef or pork

SEASONINGS:

- Sour cream or yogurt
- Worcestershire sauce
- Hot pepper sauce
- Salt and pepper

Before throwing a party, develop and perfect your own omelet-making skills. Here are step by step instructions.

PLAIN OMELET:

- 2 eggs
- 2 tablespoons water
- Seasonings

INSTRUCTIONS:

Over medium-high heat, pre-heat an 8- to 10-skillet with sloping sides.

- Drop in a tablespoon of butter to melt.

- Mix the omelet ingredients with a fork or a whisk, just until blended.

- Pour the egg mixture into the heated, buttered pan. It should set at the edges almost immediately.

- With a turner, draw or push the cooked edges toward the center.

- Tip and tilt the pan so the uncooked portion can get to the bottom of the pan.

- While the top is still moist, add filling. The whole process should take no more than a minute.

- Fold one side over the filling with the turner. (Filling is on the left for right-handed people, opposite for lefties). Tip the pan over the plate and out rolls the filled omelet.

SUPPLIES NEEDED:

- One heat source (a butane burner, hot plate, or burner of your range). A range burner should be set on medium-high.
- One omelet pan
- One butter plate and knife
- One pancake turner

- One ladle for each bowl of egg mixture. Most standard kitchen ladles hold 1/4 cup, the perfect amount of the egg mixture for an individual omelet.

- One serving plate per person.

- Egg mixture (2 eggs, 2 tablespoons water, and seasonings per omelet).

- Assortment of fillings.

PLANNING PARTY

- Select meeting spot.
- Send out invitations several weeks in advance.

- Get a final guest count.

- Make a list, order food and supplies (1 week in advance).

- Buy food staples, 2 to 3 days in advance, perishables the day before.

- Set up tables and work station(s) 3 to 4 hours in advance.

- Chop and prepare filling ingredients (2 to 3 hours before).

- Break eggs and mix with water 1/2 hour before.

- Put food at cooking stations 1/2 hour before.

- Welcome guests, take care of introductions.

- Demonstrate the art of omelet creation.

- Create!

SEE YOUR NEAREST



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