

# Home on the Range

## 'Eggstra' Nutrition Packed Into These Cracking Good Recipes

Now that research has cleared up the many misconceptions about dietary cholesterol and heart disease, growing awareness of eggs' nutritional benefits are appealing to health conscious consumers.

Eggs contain the highest quality protein available at the lowest cost. Eggs contain protein, B-vitamins, folic acid, and vitamins A, D, and E. Eggs are one of the few foods that naturally contain vitamin D.

Although eggs do contain cholesterol, recent research shows that dietary cholesterol has little effect on the cholesterol levels in blood, and very little to do with heart disease.

So enjoy these "crackin'" good recipes packed with "eggstra" nutrition.

### EGGS ARNOLD

1/4 cup butter  
2 medium onions, peeled, thinly sliced  
8 eggs  
1/2 cup milk  
1 teaspoon tabasco pepper sauce  
1/4 teaspoon salt  
2 tablespoons chopped parsley  
4 English muffins  
1 tablespoon spicy brown mustard  
3 ounces thinly sliced salami

In medium skillet, melt butter. Cook onions over low heat about 15 to 20 minutes or until lightly golden. Meanwhile, in large bowl, beat together eggs, milk, tabasco sauce, and salt. When onions are cooked, stir in egg mixture. When edges begin to set, draw cooked portions toward center so uncooked portion flows to bottom. Stir constantly, cook over low heat about 4 to 6 minutes or until eggs are cooked throughout, but still moist. Gently stir parsley. Split and toast English muffins, spread with mustard. Top with salami slices and egg mixture. Serve with additional tabasco sauce, if desired. Makes 4 servings.

Amanda Grossman  
Chester Co. Dairy Princess

### SHAKE-EM-UP SCRAMBLED EGGS

1 medium tomato  
1/2 cup shredded cheddar cheese  
Dash pepper  
4 eggs  
1/4 teaspoon salt  
1 tablespoon shortening

Chop tomato into half-inch pieces. Put tomato in one-quart jar. Add eggs, cheese, salt, and pepper. Cover the jar tightly and shake well.

Heat shortening in 10-inch skillet over low heat until melted. Tilt and turn the skillet to coat evenly with the melted shortening. Pour egg mixture into hot skillet. Cook over medium heat. Turn eggs gently as the mixture starts to set at bottom. Cook 5 to 8 minutes or until eggs are cooked through but are still moist and shiny. Makes 4 servings.

Ashley Carper  
Huntingdon Co. Dairy Princess

### CRUSTLESS CRAB QUICHE

6-ounces Alaskan snow crabs (frozen or canned)  
4 slices bacon  
1/2 cup biscuit mix  
1/3 cup melted butter  
1 1/2 cups milk  
1/8 teaspoon salt  
Dash pepper  
2 cups shredded Swiss cheese

Thaw crab if frozen, drain, reserving liquid. Fry bacon, drain, and crumble. Beat together eggs, biscuit mix, butter, milk, crab liquid, salt, and pepper until smooth.

Pour into 9-inch pie plate. Sprinkle crab, cheese, and bacon over top and press down gently.

Bake at 350 degrees for 35-45 minutes.

Laura Hess  
Lancaster Dairy Ambassador

### EGG AND SAUSAGE CASSEROLE

1 pound sausage  
2 1/2 cups milk  
6 eggs  
6 slices bread  
1 cup shredded cheddar cheese  
1 teaspoon salt  
1 teaspoon dry mustard

Brown sausage, drain off fat. Whip eggs, milk, and other ingredients. Butter a large dish. Lay bread on bottom. Pour egg mixture and sprinkle cheese and sausage on top. Cover with wax paper. Put in refrigerator overnight.

Bake at 325 degrees for 45 minutes or until brown. Serves 10 people.

Laura Hess  
Lancaster Dairy Ambassador

### HAM AND CHEESE STRATA

16 slices white bread  
3/4 pound ham, diced  
3/4 pound cheese, cut fine  
6 eggs  
3 cups milk  
Salt and pepper, to taste  
Buttered crumbs

Line bottom of big glass pan with eight slices bread. Add a layer of ham and cheese; repeat bread, ham, and cheese. Beat 6 eggs with 3 cups milk. Add salt and pepper to taste. Pour over mixture in dish. Let stand overnight or several hours. Put buttered crumbs on top and bake until firm. Bake at 350 degrees for 40 minutes.

Laura Hess  
Lancaster Dairy Ambassador

### CHEESE FONDUE

6 slices bread, torn into pieces  
1 cup grated American cheese or your favorite  
3 eggs  
2 1/2 cups milk  
1/2 teaspoon salt

Put bread into a greased, shallow baking dish. Sprinkle with cheese.

Beat eggs, milk, and salt. Pour over bread and cheese. Let stand 30 minutes.

Set in a pan of hot water. Bake at 350 degrees for 40 minutes. Serves 6-8.

Can be served with ham and gravy.

Alverna Martin  
Wellsboro

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Under the Omelet King's watchful eye, consumer science teachers prepare their own omelets. The event was sponsored by the Lancaster County Poultry Association.

## Omelet King Reveals His Secrets

LOU ANN GOOD  
Lancaster Farming Staff

LANCASTER (Lancaster Co.) — Omelet King Howard Helmut set a Guinness Book world record when he made 427 omelets in 30 minutes. He travels the world demonstrating his omelet-making skills and spreading the word about "the good egg."

On Tuesday evening Helmut came to Lancaster to show about 100 consumer science teachers how to make high-speed omelets, deviled eggs in a bag, frittatas, cornmeal cakes, and flaming desserts.

The Omelet King fills roles as comedian and teacher as he flips omelets and rapid-fires cooking tips.

"Anyone can make an omelet in 40 seconds," the King assures nervous novices, who must cook their own after watching him.

The universal recipe for an omelet is two eggs plus two tablespoons water. If making for a crowd, multiply the recipe to the amount desired, but cook only one omelet at a time. Use a soup ladle, which contains a half cup to scoop into a hot 10-inch skillet.

Stove temperature should be set on high. Put one tablespoon butter into hot skillet. Pour in a half a cup of the egg mixture.

The eggs will begin to bubble. Tilt and dig hole so that liquid egg fills in. In 20 seconds, omelet should be cooked on the bottom and moist on top.

Have the filling you want to use ready to sprinkle on top of the left side of the omelet: cheese, tomatoes, onion, bell peppers, ham, etc.

For ease in flipping omelet, Helmut instructs: Point handle of skillet at your navel, put filling on the left side of the omelet, and flip the right side over.

"If it tears, don't worry," Helmut tells the audience. "When you flip it into the plate, that side will be upside down and no one will notice."

for 5 seconds on each side. Place tortilla on plate. Then make an omelet as instructed, but instead of filling only the left side of the omelet, distribute the filling over the whole top of the omelet.

Spoon salsa over the cheese. Slide omelet onto tortilla. Roll sides in, then roll forward. Slice in half. Place one side down, stand up the other side. Puddle some salsa, sour cream, and parsley next to the frittata for an eye-pleasing presentation.

Teachers each made their own omelet or frittata. Additional food was available at the event conducted at the Farm and Home Center.

The presentation was sponsored by the Lancaster County Poultry Association for consumer science teachers from Lancaster, Lebanon, and York counties. The association conducts an annual event for the teachers to keep them updated on the latest information about eggs and poultry, and to encourage them to teach these findings in the classroom.

### Cornmeal Cakes

For batter, combine:  
1 small box corn muffin mix  
1 small can corn, drained  
Shredded cheese  
Mushrooms, chopped  
Onions, chopped  
Cooked ham, chopped

On hot, greased griddle, evenly space 5 mounds of one heaping tablespoonful of batter. Fry like pancakes; turn when bubbly. Serve with salsa, sour cream, and parsley.

### Deviled Eggs In A Bag

Hard cook eggs, slice in half and throw the yolks in a plastic bag and squeeze. Add desired amounts of mayonnaise, pickle relish, mustard, and other ingredients if preferred. Close bag and squeeze. In a few seconds, ingredients are thoroughly combined. Push contents to bottom corner of the bag. Cut off small corner of bag and pipe ingredients into the cooked egg whites.

### Gourmet Flaming Dessert Omelet

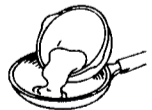
Make an omelet, but do not flip. Take to table and fill left side of omelet with the following:

1 pint strawberries  
2 kiwi, peeled, sliced  
1 banana  
Maraschino cherries  
Pecans, chopped  
Sprinkle with confectioners' sugar. Fold over. Glaze with 1 heaping tablespoon 70-proof apricot-flavored brandy. Light with match to ignite for a few seconds. Be careful flames may shoot high.

## Featured Recipe



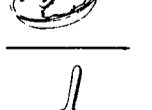
Beat - For each omelet, beat together 2 eggs and 2 tablespoons water with a dash of salt and pepper and/or your favorite herb or seasoning until blended



Pour - In 7- to 10-inch omelet pan or skillet over medium-high heat, heat 1 teaspoon butter or cooking oil (or use cooking spray) until just hot enough to sizzle a drop of water. Pour in egg mixture. Mixture should set immediately at edges.



Push - With an inverted pancake turner, carefully push cooked portions at edges toward center so uncooked portions can reach hot pan surface.



Tilt - Tilt pan and move cooked portions as necessary. Fill - When top is thickened and no visible liquid egg remains, top with prepared filling. With pancake turner, fold omelet in half.



Serve - Invert onto plate with a quick flip of the wrist or slide from pan onto plate.