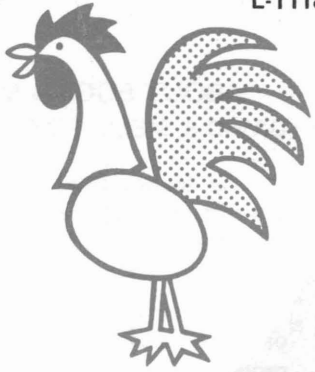


About Eggs...



MAKING OMELETS

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ABOUT EGGS — MAKING OMELETS

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A famous food expert has written, “an omelet is a sort of happy combination of French gaiety and French practicality. This delightfully versatile dish is light and delicate, nourishing and delicious.”

An omelet, plain or filled, can be the main dish or dessert of a family meal. It also can be served proudly to the most discriminating guest. Properly cooked, it is almost certain to be a conversation piece. There are scores of variations, many of which are inspired ways of using bits and dabs of leftovers.

There are two kinds of omelets — plain or French and puffy omelets. The plain or French omelet is a delectably light, rolled egg pancake while the puffy omelet is a step short of a soufflé. Sometimes it is called an omelet soufflé.

FRENCH OR PLAIN OMELET

A French or plain omelet should be tender and light inside, moist and delicately brown on the bottom. Overcooking or cooking at too high a temperature may make the bottom dry, crusty and hard.

A proper pan is important. An omelet pan should be reasonably heavy and made of thick metal. It should be shallow with sides curving into a flat bottom. The inside surface should be smooth. Non-stick skillets make excellent omelet pans.

Many omelet enthusiasts say that you should season an omelet pan, then never wash it or use it for anything else. When a pan is new, wash it and dry it, then fill it with cooking oil to a depth of 1 inch. Place pan over medium heat for 20 minutes. Pour off the oil and wipe the pan with paper towels. (The oil can be used for other cooking.) If the omelet sticks, scour the pan with salt and paper towels.

If you must use your skillet for other cooking, season it each time before making an omelet.

The size of the omelet pan also is important. A pan with a top diameter of 7 to 8 inches is right for two or three eggs; four at the most. Use a 10-inch skillet for a six-egg omelet. Some say that it is better

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to limit an omelet to four eggs at a time. A two-egg omelet serves one person. A three-egg omelet can serve two.

How to Make a French or Plain Omelet

Equipment and ingredients:

- Seasoned, 7- or 8-inch omelet pan or skillet.
- Bowl.
- Fork, whisk or rotary beater.
- Warm plate or platter.
- Three high-quality eggs.
- 3 tablespoons water.
- ½ teaspoon salt.
- 1/8 teaspoon pepper.
- 1 tablespoon butter.



An omelet may easily be made into a dessert by the addition of fruit — as the cherry pie filling and powdered sugar on this plate.

1. In bowl, mix eggs, water, salt and pepper using fork, whisk or rotary beater. Do not overbeat.
2. Heat butter in omelet plan or skillet which is hot enough to sizzle a drop of water.
3. Pour in egg mixture — it should set at edges at once.
4. With a spatula or fork, carefully draw cooked portions at edges toward center, so that uncooked portions flow to the bottom.

5. Slide pan rapidly back and forth over the heat to keep mixture in motion and sliding freely. Keep mixture as level as possible.

6. When eggs are set and surface is still moist, increase heat for 2 or 3 seconds to brown bottom quickly.

7. While the top is still moist and creamy-looking, lift the side nearest the skillet handle and fold about a third of the omelet over the center. Slide omelet toward outside of skillet and fold the outer edge over the center. Then turn omelet onto the warmed plate or platter with a quick flip of the wrist.

Other Ideas

- It takes about 2 minutes to cook an omelet. Have everything ready before you begin and work with smooth speed.
- If you are making a filled omelet, prepare the filling first. Sprinkle or spoon on filling just before the 2- or 3-second browning process (between 6 and 7).
- Milk, fruit juices or other liquids may be substituted for water in the basic recipe. However, the texture may be altered.

PUFFY OMELET

Aptly described as "a most heavenly bit of air," a puffy omelet should be moist and with fine regular air cells throughout. The crust should be tender and light golden brown.

Overcooking or cooking at too high a temperature may cause a heavy, tough bottom crust or the omelet may fall and become tough and dry.

Pan requirements for a puffy omelet are the same as for a plain or French omelet. In addition, it should have a heat-proof or removable handle, since part of the cooking is done in the oven.

How to Make a Puffy Omelet

Equipment and ingredients:

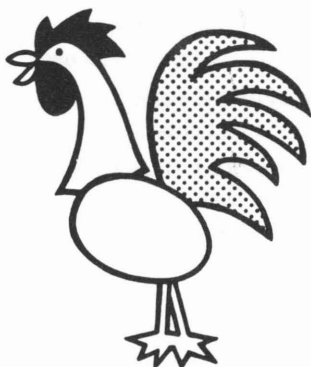
- A seasoned 10-inch omelet pan or skillet with a heat-proof or removable handle
- Two bowls
- Rotary beater
- Warm platter or plate
- Four high quality Eggs

- 1/8 teaspoon pepper
- 1/2 teaspoon salt
- 1/4 cup water

1. Preheat oven to 325 degrees F.
2. Separate eggs.
3. Add pepper to yolks and beat until thick and lemon-colored.
4. Add salt and water to whites and beat until stiff and shiny and whites have peaks when beater is withdrawn.
5. Fold yolks carefully into whites.
6. Heat butter in omelet pan which is hot enough to sizzle a drop of water.
7. Pour in omelet mixture; level surface gently.
8. Cook slowly on top of range until puffy and lightly browned on bottom, about 5 minutes. Lift omelet at edge to judge color.
9. Bake 12 to 15 minutes in 325 degrees F. oven until knife inserted in center comes out clean.
10. To serve, score omelet down the center with a spatula, fold in half and serve on warm plate or platter. Or, tear gently into pie-shaped pieces, using two forks. Serves two or three.

Other Ideas

- A pan not hot enough for eggs to begin cooking at once — or white not beaten until stiff enough — may cause the yolks to settle out at the bottom of the pan.
- Yolks settling out also may produce a harmless but unattractive greenish color especially if an iron pan is used.
- Milk, fruit juices or other liquids may be used instead of water in the basic recipe.
- A puffy omelet may be filled before folding, or the filling may be served as a sauce over or around the omelet.



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Kitchen and facilities of the Medallion Room, Bryan Utilities, were used for photographic work by permission of Mrs. Willie Belle Bogard, home service director.

Extension foods and nutrition specialists reviewed this leaflet and provided helpful suggestions.

EGGS have a fascinating history. They are among the most versatile of all foods and are said to have a thousand uses. History reveals that eggs were a food delicacy in ancient and biblical times and a staple food wherever abundant.

Ancient people considered eggs as a sacred symbol, and they believed an egg represented the world and its elements: shell, (earth); whites, (water); yolk, (fire); and under the shell (air). The breaking of eggs was a ceremony and a means of foretelling events. Men of early times hung eggs in Egyptian temples of worship. Artists glorified them in paintings and sculpture. Today eggs are still used for decorative purposes — as in Christmas and Easter ornaments and egg shell mosaics.

This series of leaflets numbered L-1114 — L-1122, covers topics of egg quality, buying and storing, six basic methods of egg preparation and eggs in the diet. Each is available from your local Extension agents.

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