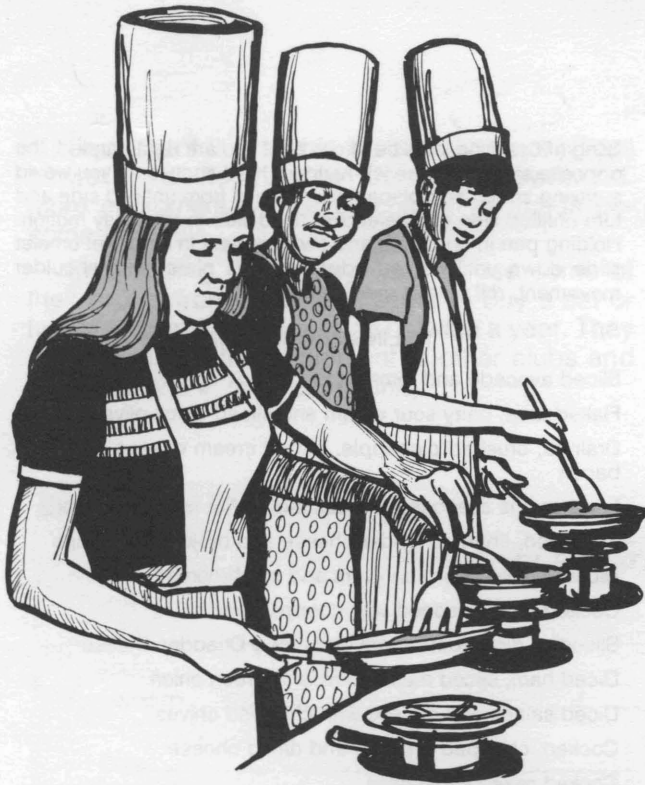


# THE OMELET EVENT

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For years the egg omelet has been considered a gourmet meal and has even been referred to as "a little bit of heaven" by some. Now, many enterprising 4-H clubs and other organizations are using the omelet in fund-raising events.

## Omelet Event is Versatile

A successful omelet event is easy to conduct and is a good way to raise money for other 4-H activities. These events have been received with enthusiasm whether served as a breakfast, brunch, luncheon or supper. Some 4-H groups have called them omelet rodeos.

Almost any size group can be served, but the size does determine the amount of equipment and supplies needed and the number of people needed to work. Most of the omelet events have been conducted for 100 to 200 people, but successful ones have been held for smaller and for larger groups.

Three annual omelet events have been held in Nacogdoches County. Abilene 4-H clubs served more than 400 people to earn money for an exchange trip to Wisconsin. The biggest omelet event to date was in Big Spring when 500 omelets were served.

Many favorable comments have been received from those participating in omelet events. They include such comments as: "Overall, this is the best family 4-H event we've ever had." "We've received a variety of compliments such as 'Do it again,' 'You served too much food,' 'We couldn't believe an assembly line could work so well,' etc." "We were very

pleased with our success and so were our 4-H families."

## Organization Assures Smooth Operation

A line system is used to make omelets so that the customers are on one side of a long table observing their individual omelets being made. Five butane burners with omelet pans, spatulas and cooks are lined up for each line.

One serving line of five stoves (and one extra stove for rotation or emergency) can service a 100- to 200-customer omelet supper. If more people are expected, more lines should be provided to speed up serving. Once pans are hot, two omelets can be completed each minute.

Seven people are needed to work as a team on each line. This allows for one "runner" and one person to be on break. Each team member can spend 10 minutes at each position and 10 minutes on break each hour. However, some cooks prefer to stay in one position for the entire event. Three more are needed to service the line with eggs and other ingredients. Cooks should be trained in omelet making before the event.

## Everybody Helps

The first cook puts a little fat in the pan using a squeeze bottle of liquid margarine, measures the egg mixture into the pan and places it on the first burner. When the first bubble appears, the pan is passed to the second cook who moves the cooked egg toward the handle portion of the pan with the spatula and allows the uncooked egg to run to the cleared portion of the pan. The second cook watches for more bubbles and then moves the pan to the third cook. The third cook moves more of the cooked portion back toward the handle of the pan so that the uncooked egg moves to the pan surface. The fourth cook usually finishes cooking the mixture so it will not run but is still a little moist on top. The secret of a good omelet is not to overcook it. The fifth cook puts in the desired fillings, folds the omelet and turns it out of the pan onto a plate. The empty pan is then returned to the first cook by placing it on a back table or giving it to a "runner," and the process starts again.

The fifth cook is the key to the entire operation. As this cook turns out the finished omelet, each pan moves down one cook. In this way all omelets

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turn out at the same place, pans stay hot, five omelets are going at the same time and only one set of ingredients and one pan of egg mixture is needed for each line.

The best cook should be placed at the fifth stove to start the process. After things are underway, the cooks can rotate if they wish so that everyone gets a chance to do all of the jobs. A new cook is always started at the first stove.

Pan handles are held in the left hand if the cook is right-handed. As the mixture begins to cook, a spatula held in the right hand is used to move the cooked portion toward the handle. The handle is tilted up from the heat so the mixture will flow down to the hot front of the pan.

The mixture is not stirred. It should be kept as flat and even in the pan as possible. When the mixture is cooked, it will be moist on top but will not run. It should cover the bottom of the pan and be round.

The customer moves along the front of the table and watches the omelet being cooked. The fillings and plates are put beside the fifth stove. Each customer selects fillings from the choices available. After the omelet is turned out onto a plate, the customer adds salad, toast, etc. to the plate, obtains a drink and moves on. After actively watching the entire process, the customer should be able to prepare an omelet at home.

### Many Variations Possible

A basic recipe for an individual omelet follows, along with several suggestions for fillings. Each customer should have a choice of available fillings to tailor the omelet to individual tastes. Too many choices of fillings at an omelet event, however, increase the cost and may lead to indecision.

Cheese is always a good filling; ham or smoked turkey can be used; and some of the new turkey luncheon meats (pastrami, salami, ham, etc.) work well when chopped. Ham, cheese and jalapeno pepper are a popular combination.

#### INDIVIDUAL FRENCH OMELET RECIPE

3 eggs  
3 tablespoons water  
1 ½ teaspoons butter or margarine  
Choice of filling (optional)

Put eggs and water in bowl. Beat briskly with fork for 30 seconds, or until whites and yolks are blended. Heat an 8-inch pan with non-stick coating; add 1 ½ teaspoons butter. When butter is hot and melted, add mixture (egg should bubble and begin to cook at once at outer edges.) Push egg in from sides of pan with spatula so that uncooked portion flows to bottom of pan. Slide pan back and forth over heat to keep mixture in motion and sliding freely to avoid sticking. When set, omelet is still moist and creamy on top. Cook about 1 minute longer to brown bottom slightly. With handle of pan directly in front, put

filling (if used) on left side of omelet if you are right-handed; the opposite side if you are left-handed. Hold spatula as you would a mixing spoon and place under omelet from unfilled side and turn unfilled side of omelet over filled side in one easy motion. Holding pan in one hand and serving plate in other, let omelet slide down until curved edge touches plate; with shoulder movement, roll omelet over onto plate.

#### FILLING SUGGESTIONS

Sliced avocado and tomato

Flaked tuna, dairy sour cream and sliced black olives.

Drained, crushed pineapple, cubed cream cheese and crisp bacon

Fried onions seasoned with salt and other herbs

Shredded, sharp Cheddar cheese and broken corn chips

Diced, cooked chicken livers and mushrooms

Cooked rice seasoned with chopped herbs

Sliced or diced pepperoni and diced Cheddar cheese

Diced ham, sliced mushrooms and green onion

Diced salami and cheese with chopped chives

Cooked, chopped broccoli and diced cheese

Cooked mixed vegetables

Diced, cooked shrimp and water chestnuts

Cooked, cut asparagus, diced ham and grated Swiss cheese

A three-egg omelet usually is served to each customer. The egg mixture is made by mixing eggs and water in the proportion of one flat of eggs (30 eggs) and 2 cups of water and beating with a wire beater. A rotary beater (manual or electric) usually beats the mixture too much, causing foam on the top. This is not desirable.

The egg mixture is ladled into the omelet pan by the first cook with a proper-sized ladle to hold 3 eggs and 3 tablespoons of water per omelet. Plan to use about 7 ½ pounds of meat and/or 4 pounds of cheese per 100 customers. Cheddar cheese that is hard and cold will grate better and stay separated longer than soft cheese. About 1 pound of margarine or butter, or one bottle of liquid margarine, is needed to make 100 omelets. More will be needed for toast, especially if Texas toast is served. Two check lists are included in this publication to help you determine food, equipment and personnel needs. Scale up or down as needed.

#### Equipment Readily Available

Arrangements have been made to purchase individual butane stoves directly from the company at dealer cost for 4-H clubs and county Extension offices or district Extension centers. Arrangements also have been made to purchase 8-inch saute pans with non-stick surfaces at a special price directly from the manufacturer.

The Texas Egg Council has provided a special omelet pan fund to purchase pans at the special price. 4-H clubs then can sell the pans at the end of the omelet event. The cost of the pans must be paid back to the fund, but profits go to the club.

Equipment is available in several district offices as well as at the State 4-H Center at Brownwood. More equipment will be purchased as funds become available.

Enterprising clubs may want to use some of their profits from an omelet event to buy a set or two of equipment to use once or twice a year. They also could rent the equipment to other clubs and organizations in their community.

### Try an Omelet Event

The omelet event offers an opportunity for 4-H clubs to earn money, learn by doing, provide a community service and have fun. Getting ready for and conducting such an event requires good organization and cooperation. County Extension agents who have held omelet events are enthusiastic about helping other counties plan and set up an event. Omelet events seem to be made to order for fairs, trail rides, breakfasts, catered events and many other activities.

### Examples of Check Lists

#### OMELET BREAKFAST OR SUPPER FOOD LIST

Group \_\_\_\_\_

Location \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

Number of workers \_\_\_\_\_ Estimated attendance \_\_\_\_\_

Dairy Products

Meat

\_\_\_\_\_ Butter \_\_\_\_\_

\_\_\_\_\_ Cheese \_\_\_\_\_

\_\_\_\_\_ Eggs \_\_\_\_\_

Canned Foods

Produce

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Frozen Foods

Drinks

\_\_\_\_\_

\_\_\_\_\_

Staples and Spices

\_\_\_\_\_ Salt \_\_\_\_\_ Cleaning Products

\_\_\_\_\_ Pepper \_\_\_\_\_ Paper towels

\_\_\_\_\_

\_\_\_\_\_

### OMELET BREAKFAST OR SUPPER EQUIPMENT LIST

Group \_\_\_\_\_

Location \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

Number of workers \_\_\_\_\_ Estimated attendance \_\_\_\_\_

Cooking	Other (Clean-up, etc.)
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_____ Cookers-fuel	_____
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_____ Omelet pans	_____
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_____ Spatulas	_____
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_____ Egg mixture containers	_____
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_____ Mixing bowls	_____
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_____ Wire beaters or forks	_____
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_____ Cheese containers	_____
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_____ Meat containers	_____
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_____ Water containers	_____
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_____ Butter dishes	_____
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_____ Measuring spoons	_____
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_____ Ladles	_____
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_____ Paper towels	Workers
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Serving	_____ to cook
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_____ Cups	_____ to break eggs
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_____ Plates	_____ to clean tables
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_____ Napkins	_____ to take tickets
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_____ Forks	_____ to serve drinks and bring supplies from kitchen
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_____ Salt shakers	_____ to sell pans
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_____ Pepper shakers	_____
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*Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic level, race, color, sex, religion or national origin.*