

# Omelets, Plain Or Fancy

(NAPSA)—The omelet is one of life's simple pleasures. Fast, easy to make and with endless variations, the omelet is versatile enough for breakfast, lunch, dinner or a late-night repast.

By definition, the classic French omelet is a mixture of fresh eggs and seasonings with some milk or water added. It should be cooked quickly in butter in a fry pan until firm and then filled with whatever ingredients appeal to the cook: firm or soft cheese, sautéed mushrooms, onions, peppers or spinach, diced ham, bacon or sausages. Then the omelet is folded over and served in a half-oval shape.

The classic French omelet is served with a melting gruyere folded in—the ultimate breakfast or brunch treat. For supptime, the omelet can be transformed with sautéed shallots, chicken livers and red wine and served with a heated crusty bread and wine (see recipe).

The ideal tool for omelet making is the non-stick pan which offers exceptional releasability. T-Fal's non-stick pans offer an additional benefit: Thermo-Spot, a visual heat indicator built into the non-stick coating which turns solid red to signal that the pan is preheated to the right temperature for cooking. Properly heated, the pan cooks the egg mixture quickly and evenly and the finished omelet glides on to the plate, perfectly formed and with just the right golden brown color.

Non-stick coatings are the healthier way to cook. Little or no butter is needed—except for taste—and, with non-stick, clean-ups are effortless, either by hand or in the dishwasher.

Here are two palate-pleasing recipes adapted from *Country*



Credit: Photo: Lou Manna

## **Non-stick pans are ideal for omelet making.**

*Egg, City Egg* (Gayle Pirie & John Clark, Artisan, 2000) that can be served any time of the day.

### **Mascarpone Omelet with Garden Herbs Serves 2**

- 1 tablespoon each chopped fresh chervil, parsley, chives and tarragon**
- 5 eggs**
- Salt to taste**
- Fresh ground white pepper to taste**
- 2 heaping tablespoons of mascarpone**
- 1 tablespoon unsalted butter**

**Chop herbs just before preparation. Beat eggs lightly with salt and pepper and mascarpone. The cheese should not be completely blended into eggs. Fold in the chopped herbs.**

**Melt the butter in a T-Fal non-stick fry pan over high heat until butter is nearly brown. Add egg mixture and cook by pulling the sides of the egg into the center to let the raw egg run under and set. Repeat two or three times. As**

**the egg sets, fold the egg onto itself and begin to roll. Flip the omelet once or twice to secure the roll. Gently slide the omelet onto two warm plates and serve.**

### **Chicken Livers and Red Wine Omelet Serves 1**

- 3½ teaspoons butter**
- 1 tablespoon slivered shallot**
- 3 tablespoons cleaned and diced chicken livers**
- Salt to taste**
- 2 tablespoons fruity red wine**
- 3 eggs, lightly beaten**

**Melt 2 teaspoons butter in T-Fal non-stick pan over low heat. Add slivered shallot and cook until tender. Turn up heat and add chicken livers. Sauté for 30 seconds, shaking pan until liver bits are seared on all sides. Season with salt. Add red wine and cook until wine evaporates. Pour bits of liver and juice into a bowl with lightly beaten eggs. Season again with salt.**

**Wipe pan clean and, over medium-high heat, melt the remaining butter. After butter foams, add liver-egg mixture. Pull sides of egg into center as it sets and let the raw egg run underneath and set. Repeat several times until most of the bottom layers of egg are set while the top layer remains creamy and moist. Fold egg over at edge of pan and begin to roll up the omelet. Flip omelet once to secure the roll. Slide omelet onto a warm plate and serve at once.**

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