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Homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Thursday, February 17, 1944.

QUESTION BOX:

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How make omelets?
Eggs in freezer-locker?
How make brown sauce with soya?

ANSWERS FROM:

Scientists of the U. S.
Department of Agriculture

---ooOoo---

Now that eggs are more plentiful, questions about using them begin to appear in the mail bag. The first query today is on making fluffy and other omelets. The next homemaker wants to know if she can store eggs in a freezer-locker. And there's one question on using soya flour and grits. Scientists of the U. S. Department of Agriculture have supplied all the answers.

Here a woman says: "I'd like to serve an omelet once in a while as a main dish for dinner. Please tell me how to make a thick, fluffy omelet. Does it take more eggs than a plain omelet?"

The home economists answer it takes just the same ingredients for a fluffy omelet as for a plain or flat omelet. The difference is for a fluffy omelet you beat the whites and yolks separately and then combine them. For a flat omelet beat them together, only enough to blend the eggs and milk evenly.

To make a fluffy omelet for a family of 6, use 6 eggs. Beat the yolks thoroughly and add 6 tablespoons of milk. If you want a somewhat larger omelet with more body from the same number of eggs, make half a cup of medium thick white sauce and add it hot to the egg yolks instead of the milk.

Next, add half a teaspoon of salt to the egg whites. You'll need the salt to flavor the omelet and it will help beat the whites stiff. Whip the whites until they stand in peaks and then gradually fold in the yolk mixture. Have your omelet pan heated, with 1 tablespoon of melted fat in it and pour in the egg mixture.

You can cook a fluffy omelet in any of three different ways, but you start the

same way for all three. That is, cook the mixture on top of the stove at low to moderate heat until the bottom browns slightly. Move the pan around over the burner or unit so the omelet will cook around the edge at the same rate as in the center. Use a knife or spatula to lift the edges carefully to see how the bottom is browning.

Now for the three different ways of finishing the omelet after the bottom is browned a little. The first way is to place the pan in a moderate oven (350 degrees) and bake it for 10 minutes. The second way is to continue cooking it slowly on top of the stove until the mixture "sets" and then place it under a low broiler flame for 2 or 3 minutes. Third way---cover the pan throughout the cooking, leave it on a top burner and so cook the top of the omelet with steam. A steamed omelet will not brown on top, but when folded it will have a brown crust on the outside. Whichever way you use, when the omelet is done, crease it through the center, fold it over with a spatula, and roll it onto a hot platter without attempting to lift it from the pan. Pour melted parsley butter or other fat containing finely cut parsley over the omelet and serve at once.

The plain or flat omelet for six is made with the same ingredients--- 6 eggs, 6 tablespoons of milk, and salt to taste. Beat the eggs lightly, add the milk and the seasoning. Heat a large thick frying pan and put in it enough fat to cover the bottom of the pan. When the fat is melted, pour in the egg mixture. Cook slowly and evenly. Lift the omelet with a knife so the uncooked part can run underneath, until it is all cooked to a creamy state. When the omelet is brown on the bottom and set, roll it in the pan and turn it onto a platter. You can vary either type of omelet by adding various ingredients, such as chopped ham or bacon, cooked peas, mushrooms, or asparagus, or serve a Spanish sauce with it.

Now for an inquiry about storing eggs in a freezer locker. Freezer locker specialists recommend storing frozen liquid eggs, but don't recommend storing them in the shell. As you have to break the eggs for freezing, don't use any but clean,

