

# LYNCHBURG

is for 

# LOCAVORES

COOKING DEMONSTRATION WITH MARILYN BROOKS

ALL RECIPES ARE BY MARILYN BROOKS



## Apples

### Basic French Omelet

This recipe is a classic and versatile omelet. Prepare the filling first. Omelets cook so quickly, any fillings should be ready to go before starting the eggs. Plan on 1/3 to 1/2 cup filling per 2 egg omelet. For more servings, multiply the recipe as needed, preparing only as many eggs as you will use in a short time. Use 1/2 cup egg mixture per omelet.

Makes 1 serving  
2 eggs  
2 T. water  
salt & pepper  
1 tsp olive oil or butter

#### Procedure

Heat oil or butter in skillet in 7 to 10 inch nonstick skillet over medium-high heat until hot. Tilt pan to coat bottom and slowly pour in the egg mixture, tilting to spread the eggs evenly. Let eggs firm on edges a little.

Using an inverted wide spatula, gently pull cooked portions from edges toward the center of the skillet, tilting the pan so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed.

When top surface of eggs is thickened and no visible liquid egg remains, remove pan from heat and place filling on one side of omelet. Fold omelet in half with spatula. Mixture will continue to cook. With a quick flip of the wrist, turn pan and invert or slide omelet onto plate. Garnish and serve immediately.

#### FILLINGS

##### Julienned Apple and Prosciutto

1 ounces goat cheese  
1 T diced prosciutto  
1/2 tart apple, julienned (Razor Russet, Jonathan)

Julienne apples and place in small bowl. Squeeze lemon over apples to prevent browning. Place goat cheese on a plate or small bowl. Heat 10 inch non stick skillet and toss in the diced prosciutto, letting it get crispy. Scoop prosciutto into a small bowl and set aside.

MORE RECIPES ON THE BACK! 

## More Fillings for French Omelet

### Apple and Camembert or Brie

- 1 tsp butter
- 1/4 tart apple, peeled, cored and thinly sliced
- 1 tsp. granulated sugar
- 1 oz Camembert cheese (cut into 6 small cubes)
- 1 tbs. chopped pecans
- pinch of ground nutmeg

Heat skillet over medium heat. Melt butter in skillet. Add apple slices to pan; saute until slightly transparent but not too soft, about 2 minutes. Sprinkle with nutmeg and sugar. Remove from pan and keep warm. Add apple mixture and pecans to omelet and fold omelet in half. Garnish with cheese and place under broiler for 1- 2 minutes to melt cheese. Plate.

### Apple, Blue Cheese and Bacon

- 1 tbsp. butter
- 1/2 sweet apple, Fuji Braeburn, Pink Lady, Honey Crisp, peeled cored and thinly sliced
- 1 tbsp. honey
- 1 oz crumbled blue cheese (Stilton, Gorgonzola)
- 1 bacon slice, cooked and crumbled
- 1 tbs. chopped candied or plain walnuts for garnish

Heat skillet over medium heat. Melt butter in skillet. Add apple slices to pan; sauté until slightly transparent and soft, about 5 minutes. Transfer to a small, heat proof bowl and add the honey, mix and set aside.

\*Cheddar cheese and tart apple can be substituted for blue cheese and sweet apple.

## Caramelized Apple Omelet

- 2 tbs. unsalted butter
- 2 tsp. granulated or brown sugar
- 1 sweet apple, (Fuji or Blue Ridge Crisp)
- 3 large eggs
- salt
- 2 tbs. Crème Fraîche or sour cream
- 2 tbs. dulce de leche
- Garnish: confectioners sugar for dusting (optional)

### Directions:

Heat oil or butter in skillet in 7 0 inch nonstick skillet over moderate heat until foam subsides. Add sugar and cook, stirring until melted, about 1 minute, Add apple and cook turning slices over once, until golden and just tender, 5 to 8 minutes. Set aside.

Makes 2 servings

Whisk together eggs, 1 tbs. crème fraîche and a pinch of salt. Heat oil or butter in skillet in 10 inch nonstick skillet over moderate heat. Tilt pan to coat bottom and slowly pour in the egg mixture, tilting to spread the eggs evenly. Let eggs firm on edges a little.

Using an inverted wide spatula, gently pull cooked portions from edges toward the center of the skillet, tilting the pan so that uncooked eggs can reach the hot pan surface.

Continue cooking, tilting pan and gently moving cooked portions until top is still slightly moist, about 2 minutes. Dollop crème fraîche and dulce de leche across center of omelet. Fold 1/3 omelet over filling with spatula. Holding skillet over a plate, carefully tilt skillet until omelet slides out and almost half is touching plate, then turn skillet upside down, as if trying to cover plate, to make omelet fold over itself. Cut omelet in half and divide between 2 plates. Garnish as desired.

## Apple Omelet with Cheddar and Thyme

- 3 large eggs
- 2 tbsp flour
- pinch salt
- 2 tbsp milk
- 2 tbsp cheddar cheese, grated
- 1 tbsp butter

### For fried apples

- 2 apples, cored and unpeeled
- 1 tbsp honey
- 1 tsp thyme
- 1 tsp olive oil

Makes 2 servings

Place cast iron skillet in oven and heat oven to 350°. Cut apple in half and cut out seeds, then cut apples in eights (or use an apple corer with 8 sections). Heat another skillet over a medium heat, add oil, apples, honey and thyme. Fry until apples are soft on both sides. Set to the side.

While apples are cooking, separate eggs whites from yolks. Mix yolks with flour, salt, milk and cheese. Whip whites until soft peaks form and fold into yolk mixture.

Melt butter in cast iron pan and spread over pan. Pour egg mix into it and place apples on top. Grate additional cheese on top, if desired. Bake 12 minutes. Slide out of pan and cut in half and serve. Garnish with a drizzle of honey.

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