

# Hogtown HomeGrown

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## 36 years of omelettes and marriage

I come from families and generations dominated by women in the kitchen. My mom, a Registered Dietician, planned and cooked most of our family's meals despite her full-time career. Her mom, Granny, started cooking in 1918, at age ten, when her mother died during the influenza epidemic. She made three meals a day for family and various employees throughout her married life and continued to cook until she was bedridden by a fall in her nineties. My dad's mother, Sitto, cooked three meals a day for her husband and six children, making everything, including Syrian bread (pita) and phyllo dough, from scratch.

While I learned to cook at a very young age and enjoyed it, my generation's expectations of gender equality led me to believe that household duties would be shared with my future spouse. So when I met my husband Jeff in 1978, I was more than willing to let him make meals, especially since he was a vegetarian and that was a new way of cooking for me.

We worked together in the Boca Raton Mall when we were first dating, often didn't get off work until after 9 p.m. and soon both our taste buds and wallets got tired of eating out during and after work. Lunches were dominated by sandwiches—whole wheat bread with various cheeses, lettuce and tomato, with mayo on the tomato side and mustard on the cheese side. Dinners had to be cooked quickly since it was late, so Jeff taught me to make a Mushroom Scallion Omelette for Two. Flipping an omelette using a plate was a revelation!

As often happens, tastes change and now Jeff prefers locally-grown shiitakes to commercial button mushrooms and milder shallots or leeks in place of scallions. And since, after 36 years of marriage, we each have our own preferences, most of the time we stand side-by-side facing the stove and make our own omelettes. That's a recipe for marital success!

## Jeff's Shiitake Omelette

### INGREDIENTS

1 Tablespoon olive oil

1 shallot or small leek, thinly sliced

6 small shiitake mushrooms, stemmed and sliced

3 eggs, beaten with 2 Tablespoons milk and a dash of salt and freshly ground pepper

2 ounces Cypress Point Creamery cheese, grated (usually swiss, gouda or havarti)

### DIRECTIONS

Heat oil in an 8 inch cast iron pan over medium heat. Sauté shallot and mushrooms until lightly browned.

Add eggs. As they set, lift cooked edge to allow uncooked eggs to flow underneath. Flip omelette with a spatula or use a plate to invert and slide back into pan.

Top with cheese, fold in half and cook until melted, flipping folded omelette once. Serve hot, preferably with Jeff's Home Fried Potatoes.

# What's Fresh Right Now?

**Beans**—green/purple long

**Bitter melon**

**Bok Choy**

**Chestnuts**

**Cucumbers**—mini seedless, pickling

**Eggplant**—purple italian, purple asian, fairytale, thai

**Garlic**—chives, elephant

**Greens**—callaloo, sweet potato, arugula, malabar spinach

**Herbs**—mint, italian/purple/lemon/thai and holy basil, thyme, sage, oregano, rosemary, cilantro, stevia

**Moringa**

**Muscadines**—purple/bronze

**Mushrooms**—shiitake, chanterelle

**Okra**—green, burgundy

**Onions**—green, large white

**Papaya**

**Pears**

**Peas**—pink eye

**Peppers**—red/green/yellow/orange sweet, habanero, jalapeno, poblano, variety sweet and hot

**Persimmon**—astringent, non-astringent

**Pineapple**

**Potatoes**—red, white, sweet

**Radish**—daikon, french breakfast, globe

**Roselle**

**Shoots, Sprouts and Microgreens**

**Squash**—zucchini, butternut, calabaza, seminole pumpkin

**Starfruit**

**Tomatoes**—grape, cherry, beefsteak, green

**Turnips**—tokyo

# Local and Fresh— Scallions

Scallions and green onions are the same thing—long, slim members of the allium family with a milder taste than onions. Both the white and green parts are edible and can be served raw or cooked. If the white part has a bulb of any size, then it is a spring or immature onion and will have a stronger taste. To avoid possible contamination in the field or packing house, buy organic, discard the outside layer and wash well.

## Mushroom Scallion Omelette for Two

### INGREDIENTS

1 Tablespoon butter, divided  
6-8 button mushrooms, thinly sliced  
3 scallions, thinly sliced  
6 eggs, beaten with 3 Tablespoons milk  
salt and pepper to taste  
3 slices swiss cheese (we used Swiss Lorraine)

### DIRECTIONS

Heat an 8-10 inch skillet with 2 teaspoons butter. Add mushrooms and sauté until softened. Stir in scallions and cook additional 3 minutes. Remove from pan and set aside.

Beat seasonings into eggs. Add remaining butter to pan. Once butter foams, pour in eggs. Use a fork to lift edge of cooked egg and allow uncooked egg to flow underneath.

To cook the top, use a plate to cover pan, invert omelette onto plate and slide back into pan. Add cheese to half the omelette and top with mushrooms and scallions. Fold in half and cook until cheese is melted. Serve hot.



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# Jeff's Home Fried Potatoes

## INGREDIENTS

1 pound red potatoes, cooked (just use the microwave and don't forget to poke holes)  
2 Tablespoons olive oil  
Salt to taste

## DIRECTIONS

Cut cooked and slightly cooled potatoes into bite sized pieces.

Heat 12 inch cast iron skillet over medium-low heat and add oil. When oil starts to shimmer, add potatoes, stir to coat with oil and spread to one layer.

Cook undisturbed for two minutes and turn with spatula. Cook two more minutes and turn again. Repeat until potatoes are browned, about 20-30 minutes. Add salt if desired.

Serve hot. Cover room temperature leftovers and store in refrigerator.

## VARIATION

In a separate pan, sauté shallot, leek or onion until caramelized and mix with cooked potatoes before serving.

# Jeff's Salad with Tuna

## INGREDIENTS

2 handfuls of mixed salad greens OR 10-12 romaine leaves, torn into bite-sized pieces  
1 stalk of celery, finely chopped  
1 mini seedless cucumber, quartered lengthwise and chopped  
1 carrot, shredded  
1 handful sunflower shoots, chopped into 1 inch pieces  
12-15 small grape tomatoes  
1 can tuna, cut into small pieces  
2 ounces cheese, cut into 1/4 inch cubes (white cheddar or Cypress Point Creamery swiss)  
3-4 Tablespoons Newman's Own Lite Honey Mustard

## DIRECTIONS

In a large single-serving salad bowl, mix all ingredients except dressing until thoroughly combined. Add salad dressing and mix again.

Eat immediately.

## VARIATION

Place slices of seared fresh tuna on top of mixed salad instead of using canned tuna. The addition of cheese is optional and Satchel's Secret Salad Dressing is preferred.

## Tricks and Tips

Don't have the patience to stand at the stove and continually flip potatoes every two minutes? Preheat the oven to 400 degrees. Toss cubed raw potatoes with olive oil and place in one layer on a cookie sheet or roasting pan. Place in oven and bake for 30-40 minutes, shaking pan every 10-15 minutes. If necessary, use a spatula to loosen stuck potatoes. Salt after cooking if desired and serve hot.

## Tuna Thoughts

Tuna is a big fish at the top of the food chain and must be eaten in smaller quantities due to its mercury content. Other factors to contemplate when choosing tuna, whether canned or fresh, is the manner and location in which it was caught. Do your research. Taste test different canned brands. Make an informed decision before eating!



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### Tricks and Tips

What are toasted oats and why bother?  
Think granola without the fruit and nuts!  
The flavor is baked into the oats. They can be eaten dry, served as cold cereal with a splash of milk or cooked like regular oatmeal with two parts water or milk to one part toasted oats.  
Try adding them to pancake or cookie batter for a flavor and nutrition boost.  
Mix them into yogurt or fruit salad for some extra crunch and fiber.

## Maple Vanilla Toasted Oats

### INGREDIENTS

- 1/4 cup coconut oil (melted)
- 1/4 cup maple syrup (try Grade B—it has a more robust flavor)
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon maple extract (not optional—it enhances the maple flavor)
- pinch of salt
- 6 cups old-fashioned rolled oats

### DIRECTIONS

- Preheat oven to 325 degrees.
- Mix wet ingredients together with salt in a small bowl.
- Place rolled oats in a large bowl and pour the liquid mixture over them. Stir well until the oats are completely coated.
- Divide coated oats between two cookie sheets and spread into an even layer.
- Bake approximately 30 minutes, until golden, stirring twice during baking and rotating pans each time. Cool completely for several hours before storing in an airtight container.



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