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LOCAL BITE – CHICAGO

WHIP IT UP: GOUDA, ASPARAGUS, AND MUSHROOM OMELET

Looking for a Gouda Time?



The Bite

Then call up these local stars: creamy Marieke Gouda made by **Holland's Family Farms** and River Valley Ranch **mushrooms**, both outta Wisconsin, and **Mick Klug's** now-in-season asparagus. The nutty cheese, earthy 'shrooms, and tangy asparagus melted together in this **WMMB** recipe will (976)-SAT-ISFY.

Small Changes
ADD UP

If 10,000 Chicago Biters buy 1 pound of locally made cheese instead of Gouda from the Netherlands, we'll save 110 sinks full of fuel.

Gouda, Asparagus, and Mushroom Omelet

Serves 2

Ingredients:

(local or organic whenever possible)

- 4 medium-size, fresh morel mushrooms*
- 3 spears jumbo asparagus
- 4 large eggs
- 2 Tb crème fraîche or sour cream
- Salt and pepper to taste
- 4 tsp grape-seed or canola oil
- 2 tsp unsalted butter, divided
- 4 thin slices Marieke Gouda, 1/2 oz each

*OK to substitute shiitake or portobello.

Directions:

Preheat oven to broil. Clean morel mushrooms and cut into 1/4-inch rings (strips if using shiitake or portobello). Trim asparagus, peeling 4 inches from bottom of stalks, and cut thinly on **bias** (45-degree angle). In a medium bowl, whisk together eggs, crème fraîche, salt, and pepper. (Makes about 1 cup.)

In skillet, heat 2 teaspoons of the oil over medium-high heat. Sauté mushrooms until fully cooked, about 2 minutes. Season with salt and pepper; set aside. Repeat with asparagus, and set aside.

In 8-inch omelet pan, melt 1 teaspoon of butter over medium-high heat. Add half the egg mixture. Using rubber spatula, lift egg at the edges as they cook, tilting the pan so uncooked egg flows to the exposed pan. Cook until eggs are set but still shiny, then remove from heat. Spoon half the vegetables onto one half of the cooked eggs, then flip the uncovered half over the veggies. Roll onto a small baking pan. Repeat with remaining egg mixture and vegetables. Top each omelet with two slices of cheese, then broil until cheese is just melted and serve.

Wanna Try?

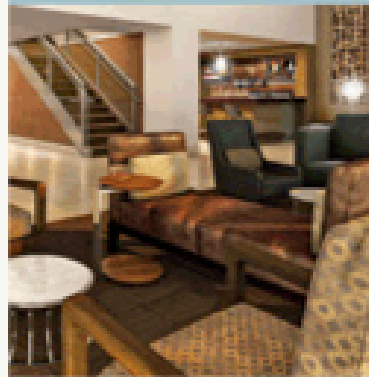
Marieke Gouda, available at **Pastoral**, 53 E. Lake St. (312-658-1250). Price, \$19/pound.

Mick Klug Farms asparagus and River Valley mushrooms available at the **Green City Market**, 1750 N. Clark St. Prices vary.

Pastoral - [Map It](#)Green City Market - [Map It](#)

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COCKTAIL FACT

Canadian cheesemakers produced the Mammoth Cheese for Chicago's World Fair in 1893 - it stood 6 feet high and weighed 22,000 pounds.



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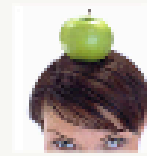


BLOG WITH US

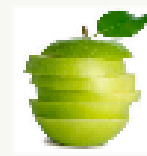


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