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Fluffy Omelet with Asparagus and Smoked Salmon Filling

SERVES 2

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A teaspoon of white vinegar or lemon juice can be used in place of the cream of tartar, and a hand-held mixer or a whisk can be used in place of a stand mixer. We recommend using the filling that accompanies this recipe; it is designed not to interfere with the cooking of the omelet.

- 4 large eggs, separated**
- 1 tablespoon unsalted butter, melted, plus 1 tablespoon unsalted butter**
- ¼ teaspoon salt**
- ¼ teaspoon cream of tartar**
- 1 recipe filling**
- 1 ounce Parmesan cheese, grated (½ cup)**

1. Adjust oven rack to middle position and heat oven to 375 degrees. Whisk egg yolks, melted butter, and salt together in bowl. Place egg whites in bowl of stand mixer and sprinkle cream of tartar over surface. Fit stand mixer with whisk and whip egg whites on medium-low speed until foamy, 2 to 2½ minutes. Increase speed to medium-high and whip until stiff peaks just start to form, 2 to 3 minutes. Fold egg yolk mixture into egg whites until no white streaks remain.

2. Heat remaining 1 tablespoon butter in 12-inch oven-safe nonstick skillet over medium-high heat, swirling to coat bottom of pan. When butter foams, quickly add egg mixture, spreading into even layer with spatula. Remove pan from heat and gently sprinkle filling and Parmesan evenly over top of omelet. Transfer to oven and cook until center of omelet springs back when lightly pressed, 4½ minutes for slightly wet omelet and 5 minutes for dry omelet.

3. Run spatula around edges of omelet to loosen, shaking gently to release. Slide omelet onto cutting board and let stand for 30 seconds. Using spatula, fold omelet in half. Cut omelet in half crosswise and serve immediately.

ASPARAGUS AND SMOKED SALMON FILLING

Makes ¾ cup

- 1 teaspoon olive oil**
- 1 shallot, sliced thin**
- 5 ounces asparagus, trimmed and cut on bias into ¼-inch lengths**

Salt and pepper

- 1 ounce smoked salmon, chopped**
- ½ teaspoon lemon juice**

Heat oil in 12-inch nonstick skillet over medium-high heat until shimmering. Add shallot and cook until softened and starting to brown, about 2 minutes. Add asparagus, pinch salt, and pepper to taste, and cook, stirring frequently, until crisp-tender, 5 to 7 minutes. Transfer asparagus mixture to bowl and stir in salmon and lemon juice.

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