



# Historical Society of Pennsylvania

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“Baked Omelet,” in *Sunshine Cookbook: A Collection of Valuable Recipes and Menus Gathered from Various Sources*, [TX 652 .C37 no.319]

## Original Recipe:

4 eggs  
1 teacup milk  
1 tablespoon of flour  
A little salt

Beat all together except whites of eggs, and put into a double boiler and cook until thick as a custard. Then add the well-beaten whites and beat all thoroughly. Bake in a well-buttered dish until a light brown.

## Working Recipe:

4 eggs  
1 tablespoon milk  
1 tablespoon flour  
¼ cup shredded cheddar cheese  
1 tablespoon diced green onions  
1 teaspoon salt  
1 teaspoon pepper  
1 teaspoon rosemary flakes  
1 teaspoon parsley flakes  
3 bay leaves  
Non-stick cooking spray

First, preheat the oven to 350 degrees Fahrenheit. Then, in a small mixing bowl, beat together the egg yolks, milk, flour, salt, and pepper. Next, transport this mixture into a double boiler and cook until thick as a custard. If no double boiler is on-hand, fill a pot with boiling water and place a heat proof mixing bowl on top of the simmering water and wait until the mixture is custard-like.

Then, add the well-beaten egg whites to the custard-like mixture and beat all together thoroughly. Stir in the shredded cheddar cheese, rosemary flakes, and parsley flakes. Then, spray a baking dish with non-stick cooking spray. Pour the mixture into the baking dish and put the dish into the oven for about 15 minutes. Remove the dish and let cool, topping with bay leaves and additional shredded cheddar cheese.