



*Carrboro & Southern Village*

## **FARMERS' MARKETS**

locally grown • nationally known

### **Recipe of the Week featuring Shiitake Mushrooms October 15, 2005**

**From Sheri Castle of Creative Cooking with Sheri Castle**

#### **Shiitake Mushroom and Cheese Omelet**

There are several vendors selling shiitake mushrooms these days. They're known for their full-bodied, woody, earthy flavor and tender texture. In this recipe, you combine the flavorful shiitakes with creamy eggs, herbs and cheese to make a filling and satisfying omelet. If you need more than two servings, or simply don't like to flip an omelet, simply prepare it like a frittata by cooking it on top of the stove until the bottom sets and then place it under the broiler to finish cooking. All you need to finish the meal is a little salad and good toast.

Makes 2 servings, but easily doubled

2 tablespoons butter, divided

4 to 6 ounces fresh shiitake mushrooms, stems removed, caps sliced

1/4 cup chopped scallions

2 garlic cloves, minced

6 eggs

1/4 cup finely chopped fresh flat-leaf parsley

3/4 cup (about 3 ounces) grated Gruyere or other cheese

1 teaspoon salt

1/2 teaspoon pepper

1. Melt one tablespoon of the butter in a heavy skillet over medium heat. Add the mushrooms and cook them, stirring often, until they are nicely browned and tender. (Don't crowd the pan or the mushrooms will steam instead of brown. Work in batches if your pan won't hold them all in a single layer.)
2. Add the scallions and cook for one minute.
3. Add the garlic and cook another 30 seconds.
4. Pour into a bowl and set aside.
5. Whisk the eggs, parsley and 1/4 cup of the cheese, salt and pepper in a bowl until frothy.
6. Heat the remaining tablespoon of butter in the skillet over medium-high heat. When the butter foams, add the eggs and cook them, pushing the cooked edges in toward the middle with a fork, until the eggs begin to set. Lift the edge and let any uncooked egg flow under.
7. When the eggs are still barely moist, fill the center with the cooked mushroom mixture and the remaining 1/2 cup of cheese.
8. Fold the omelet into thirds and serve at once.

(continued on back)

Carrboro Farmers' Market on the Town Commons · Sat. 7 AM – 12 PM thru December 17th  
Carrboro Farmers' Market on the Town Commons · Wed. 3:30 – 6:30 PM thru October 19th  
Southern Village Farmers' Market · Closed for the Season

# **Carrboro Farmers' Market Craft Demonstration**

**Saturday, October 22, 2005**  
8:30 – 11 AM in the Gazebo

Come join Carrboro Farmers' Market Crafters and explore their art.  
See how they throw pottery, weave rugs, and create baskets.

## **When do our Markets Close for the Season?**

This is a common question this time of year. Listed below are our  
Market hours and the dates that each Market will close.

### **Carrboro Farmers' Markets on the Town Commons**

Saturdays until December 17 • 7 AM – 12 PM  
Wednesdays until October 19 • 3:30 – 6:30 PM

[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)  
[www.southernvillagefarmersmarket.com](http://www.southernvillagefarmersmarket.com)  
919.932.1641