

## Jelly Omelet

## **INGREDIENTS:**

Eggs Jam, jelly, or marmalade

Sugar

## **DIRECTIONS:**

- For omelets select large eggs allowing one egg for each person, and one tablespoon liquid for each egg. Keep an omelet pan especially for omelets, and see that it is kept clean and smooth. A frying pan may be used in place of omelet pan.
- Spread before folding with jam, jelly or marmalade.
- Fold, turn and sprinkle with sugar.
- Rev. March 1,2017

\* Historic recipes often lack what we would consider today as key pieces of information. We recommend modern substitutions for any missing details.



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