



# Omelettes, Souffles & Frittatas

*Lou Seibert*

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## **Omelettes, Souffles & Frittatas** Lou Seibert

Eggs never went out of fashion among good cooks, and now with good news on the health front they're back in high style. Souffles and frittatas are all the rage on elegant menus across the country, from the French Laundry in Yountville to the Union Square Cafe in New York, and omelettes are a must for any refined brunch or light summer supper. This classic triad of egg dishes is the cook's secret weapon—marvelously versatile, fast, and easy to whip up, yet certain to evoke sighs of rapture and awe in your guests. Here Lou Pappas shows how easy it is to master these ethereal creations and bring delight to your table at breakfast, lunch, or dinner.

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