

SHRIMP FOR BREAKFAST

Shrimp-for-breakfast menus are legion in the South, particularly in the Carolinas where shrimp are purchased in the wee hours of the morning from peddlers who cry "Come and git yo' swimp." Shrimp Pies, unusual in that they have no crust, appear on a great many breakfast tables South of the Mason-Dixon line especially on Sunday morning. Elsewhere in the country where a breakfast is not complete without eggs, a Shrimp and Mushroom Omelet is much more satisfying, and a change of pace, too. The Shrimp Association of the Americas reminds us that it's also a grand way to start the day right, nutritionally speaking, since shrimp are rich in proteins, vitamins, and minerals. Complete the morning menu with fruit juice and warm rolls, and you'll be off to a head start.



SHRIMP AND MUSHROOM OMELET

12 ozs. fresh or frozen shrimp, or 1 package
(6 ozs. or 8 ozs.) peeled and deveined shrimp
6 eggs
3 tablespoons water
1 teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground pepper

$\frac{1}{4}$ pound butter, about
1 cup sliced fresh mushrooms (about six)
plus 3 or 4 mushroom caps
2 tablespoons minced onion
 $\frac{3}{4}$ cup bread cubes
3 tablespoons chili sauce, if desired

If shrimp are in shell, cook and clean them. Cleaned and deveined shrimp, if raw, need only cooking. If shrimp are large, cut in half lengthwise or chop coarsely. Set aside. Measure eggs, water, salt, and pepper into a bowl; set aside. Choose two skillets--a medium skillet for the filling and an omelet pan (heavy-gauge skillet) 10 or 11 inches in diameter. In filling skillet, melt one-third cup of butter. Add onion, shrimp, and mushroom caps and toss over moderate heat until browned. Transfer about half the shrimp and the mushroom caps to a warm bowl and hold for garnish. Add bread cubes to remaining shrimp in skillet and brown on all sides. Add sliced mushrooms (and a little more butter if needed) and cook and stir one minute more. Hold over very low heat while you make the omelet. Melt two tablespoons butter in the omelet pan and heat until bubbly, coating sides and entire bottom of pan. Beat eggs with fork or wire whisk until foamy. Pour all at once into pan and rotate and tilt pan to spread well. Lift edges of omelet with spatula and let uncooked top run underneath. Continue until surface stops running. If you like highly seasoned food, stir chili sauce into shrimp-mushroom mixture, then immediately spoon the mixture down the center third of the omelet. Tip pan slightly and use spatula to turn the third of omelet closest to handle over the filling. Next, with one motion, slide portion farthest from handle onto platter and flip folded portion over it to make three layers in all. Cover top with reserved shrimp and garnish with mushroom caps and parsley if desired. Makes 4 to 6 servings.