

FamilyCircle®

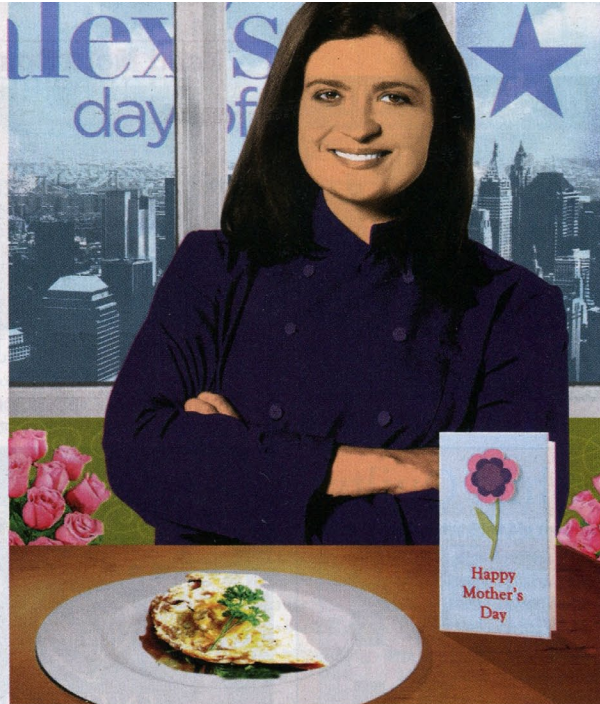
Where **Family** Comes First™

last bite

→ BY JONNA GALLO WEPPLER

Alex Guarnaschelli Is a Good Egg

She's the executive chef at two NYC hot spots—Butter restaurant and a supper club with live entertainment called The Darby—and in her spare time tapes Food Network shows (*Alex's Day Off*, *Chopped All-Stars* and others). But **Alex Guarnaschelli will still find time to celebrate Mother's Day with her mom, Maria.** "Finally, she trusts me enough to let me cook for her," says Alex with a laugh. "Now that I'm a mom myself, I understand the pleasure of watching your child do something with love. In our relationship, a fresh omelet fits the bill."



Herbed Omelet

Feel free to mix up the herbs in this recipe if you like—pretty much anything works.

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| 3 eggs | ¼ cup stemmed parsley leaves, chopped |
| 1 teaspoon water | 2 sprigs tarragon, chopped, stems and all |
| ½ teaspoon kosher salt | 1 small bunch chives, snipped into ½-inch pieces |
| 1 tablespoon unsalted butter | |
| ½ cup grated Gruyère cheese | |

- ① In a bowl, whisk together eggs, water and salt, whisking only enough to integrate. You don't want to whip in too much air or make the eggs frothy.
- ② Place skillet over medium heat and add butter. Swirl butter as it melts so that it coats the whole surface of the pan. When butter is melted but not browned, lower heat and pour in egg mixture. Use a fork to stir eggs slightly, as if you were scrambling them. Allow eggs to cook undisturbed for about 15 to 30 seconds. Sprinkle cheese and herbs all over. Cook until eggs look almost fully set and only slightly loose.
- ③ Lift up handle of pan, tilting it away from you and toward heat. This should cause the omelet to slide down in the pan a little. Fold edge closest to you toward the center. Fold other edge toward center and tilt pan over a plate so that omelet lands seam side down. Or fold omelet in half and slide onto plate. Serve immediately.

TUNE IN!

A new season of *Chopped All-Stars* premieres April 8 on Food Network.

MOST MEMORABLE KITCHEN DISASTER

- » **Where:** Restaurant Guy Savoy, Paris
- » **When:** About 15 years ago
- » **What happened:** Parsley puree made for a high-profile luncheon (attended by the president of France) morphed from bright green to muddy brown.
- » **Culprit:** Too much vinegar
- » **Solution:** More water and parsley to restore the acid balance. Crisis averted. "But yes, this incident still pops into my head at least once a week."



SPOUTING OFF

If Alex wasn't a chef, she'd be a marine biologist.

SUNNY SIDE UP

We asked, Alex answered.

FC: Your mother has been a cookbook editor for decades. Are you a lifelong foodie?

AG: My mom was always by the stove. So was my dad, for that matter. Meals were always a time to be together and enjoy good food.

FC: What do you cook at home?

AG: Unlike when I'm at work, doing French American food, home is about Italian favorites, like a good pasta, meatballs and soups. I also love any simple Italian dessert with almond extract. Oh, that smell. Yum.

FC: Has parenthood changed your outlook on cooking?

AG: Homemade meals show my daughter that I believe food is important. It's also how I expose her to lots of different ingredients. Really, cooking and eating together is a perfect time for us to just hang out and talk.

FC: Any sage advice for moms of picky eaters?

AG: Only that the way I get my kid to try something is to eat it in front of her and not force anything.

FC: Mother's Day is coming up. Planning to celebrate?

AG: Totally. With three generations now, my mom gets a huge kick out of it!