

"Thinking to get at once all the gold the goose could give, he killed it and opened it only to find—nothing!

*The Goose with the Golden Eggs
Aesop's Fables*

I'll bet most of us would love to find the proverbial golden goose or the pot of gold at the end of the rainbow which, in today's world, might mean winning the lottery. My protagonist, biofeedback therapist, Carrie Carlin is thrilled when the miracle happens to her father. But as her proverb-quoting dad would probably tell her, "All that glitters is not gold"—or more on the mark in her case, "Be careful what you wish for. You just might get it."

In "Golden Eggs and Other Deadly Things," the events that followed the lottery win were enough to make Carrie swear off buying lottery tickets and maybe even eggs for the rest of her days. I've given up on ever winning a lottery but I'm sticking with eggs. I refuse to give them up despite all the warnings about cholesterol. From time to time I do think about clogged arteries, but that's usually when I'm planning to knock off someone in an upcoming book and make it look like a heart attack.

I will eat almost any kind of egg except the powdered or mass-produced overcooked eggs one occasionally finds in a buffet chafing dish. When my children were growing up we created a special dish known in our family as "the Kenny Omelet," Kenny being my eldest son. (There has recently been some dispute among sons about how the name for this gourmet dish came about. There are those who feel bribery or worse, favoritism may have been at play. Otherwise, why wasn't it called the Bobby or Doug Omelet?) My memory fails me on this point.

THE KENNY OMELET

This is a very easy dish to make but it requires a visit to a Chinese restaurant the previous evening.

Ingredients are as follows:

3 or more large eggs well beaten

Salt

Pepper

A touch of Tabasco sauce

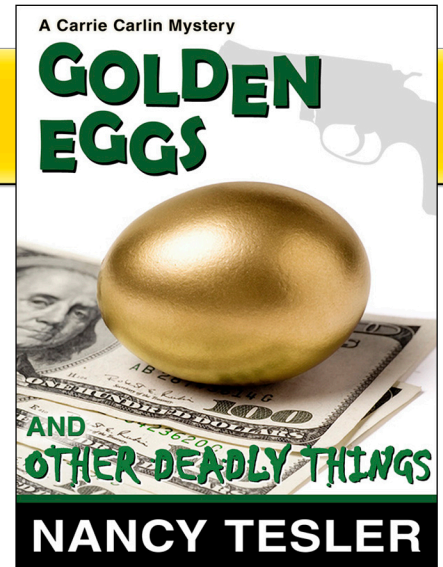
Leftover Chinese fried rice—vegetable, chicken or shrimp all work well

Leftover any other Chinese food, preferably something containing mushrooms and water chestnuts.

Tbspn butter

Take a large frying pan, add the butter. When sizzling add the Chinese leftovers. Cook until hot. Season eggs with salt, pepper, and Tabasco. Pour egg mixture over rice combo. Heat until the eggs are firm and pull away from the edges of the pan.

Serve for breakfast, lunch or a light supper. Guaranteed to be a hit.



NANCY TESLER

