



FRITTATA

EQUIPMENT:

WHISK
CAST IRON SKILLET
LARGE MIXING BOWL
KNIFE & CUTTING BOARD

INGREDIENTS:

1 FL.OZ. OIL
2OZ. DICED ONIONS
1/2 DICED BELL PEPPER
2 CLOVES GARLIC

HHF TAPENADE
1 LARGE RUSSET POTATO
MEDIUM DICED
6 EGGS WHISKED
SALT & PEPPER

METHOD:

FIRST

HEAT THE OIL IN THE CAST IRON SKILLET AND ADD THE POTATOES. SEASON THE POTATOES AND MAKE SURE THERE IS ENOUGH OIL TO COAT ALL OF THE POTATOES IN OIL. COOK THE POTATOES OVER A MEDIUM HEAT UNTIL TENDER. THIS WILL TAKE ABOUT FIFTEEN TO TWENTY MINS. IT WILL TAKE LESS TIME IF YOU PUT A LID ON THE PAN, BUT THE POTATES WILL NOT GET CRISY WITH ALL OF THE EXTRA MOISTURE.

SECOND

AFTER ABOUT TEN MINUTES THE POTATOES SHOULD BE MORE THAN HALF WAY COOKED. ADD THE ONIONS, BELL PEPPERS, AND GARLIC. MIX AND CONTINUE TO COOK.

THIRD

ADD THE TAPENADE AND THE EGGS TO THE PAN ONCE THE POTATOES AND VEGETABLES ARE TENDER. GENTLY SHAKE THE PAN SO THAT THE VEGETABLES CAN SETTLE AND REDISTRIBUTE. REDUCE THE HEAT TO MEDIUM LOW. ALLOW THE FRITTATA TO COOK UNTIL THE EGGS ARE SET ABOUT TWO INCHES FROM THE EDGE OF THE PAN.

FOURTH

USING A PLATE THAT IS BIGGER THAN THE PAN, FLIP THE FRITTATA ONTO THE PLATE. SLIDE THE FRITTATA BACK INTO THE PAN AND COOK UNTIL ALL THE EGGS ARE SET. SERVE HOT OR AT ROOM TEMPERATURE. ENJOY!