



CAULIFLOWER FRITTATA

EQUIPMENT:

OVEN
MIXING BOWL AND WHISK
9 IN. CAST IRON SKILLET
OR A DEEP SAUTE PAN

INGREDIENTS:

6 MEDIUM EGGS
2OZ WATER
SALT & PEPPER

4OZ. HHF BASIL PESTO
• VEGETABLE OIL
3OZ. CHARRED CAULIFLOWER
OR ANY SAUTEED, ROASTED,
OR GRILLED VEGETABLES

METHOD:

FIRST

PREHEAT THE OVEN TO 425 DEGREES. MAKE SURE THAT ANY VEGETABLES OR MEAT THAT YOU WILL BE USING IN YOUR FRITTATA IS PRE-COOKED AND READY.

THIRD

OIL THE SKILLET LIBERALLY AS TO HAVE EXCESS OIL IN THE PAN. HEAT THE PAN FOR ABOUT TWO MINUTES ON MEDIUM HEAT.

FIFTH

AFTER ABOUT FIVE MINUTES OR UNTIL THE CENTER OF THE FRITTATA IS COMPLETELY SET, TAKE THE PAN OUT OF THE OVEN. TO UN-MOLD THE FRITTATA, PLACE A PLATE DIRECTLY ON TOP OF THE PAN. WHILE HOLDING THE PAN IN ONE HAND AND PLACING PRESSURE ON THE PLATE AGAINST THE PAN, QUICKLY FLIP SO THAT THE PAN IS NOW ON TOP OF THE PLATE. WHILE STILL HOT, SPREAD THE PESTO ON TOP OF THE FRITTATA SO THAT THE CHEESE IN THE PESTO MELTS. SERVE WARM. ENJOY!

SECOND

CRACK THE EGGS INTO A BOWL AND WHISK. ONCE THOROUGHLY COMBINED, ADD THE WATER OR ANY OTHER LIQUID LIKE VEGETABLE OR CHICKEN STOCK AND WHISK.

FOURTH

COMBINE THE CAULIFLOWER OR OTHER VEGETABLES TO THE WHISKED EGG MIXTURE AND STIR. POUR THE EGG MIXTURE INTO THE HOT PAN AND DO NOT STIR OR MIX. AFTER ABOUT 5-8 MINUTES THE EGG FRITTATA SHOULD BE SET 1-2 INCHES FROM THE EDGE OF THE PAN. TO PROPERLY COOK THE CENTER OF THE FRITTATA, CAREFULLY PLACE IN THE CENTER OF THE OVEN.