

**June 3, 2015**

## **Frittata – not your traditional Italian dish**

Frittata, known as an open-faced Italian omelette or crustless quiche may have roots in Italy, but it's not a traditional Italian dish. Inheriting its name from the Italian verb friggere, which means to fry, frittatas are not a common menu item in Italy. Traditionally frittatas were thrown together with leftovers and served as a snack. In North American culture, we've breathed new life into the frittata, adding new ingredients to make different flavour combinations and made it a popular brunch choice.

Our Italian Sausage and Potato Frittata is rich and bursting with flavours, it's a very filling quiche and makes for a meal on its own. If you're looking for a frittata on the lighter side, try our Spinach and Goat Cheese Frittata, the tanginess of the goat cheese mixed with the sweet notes of the spinach make it a perfect dish to serve alongside a salad the next time you host brunch.

### **ITALIAN SAUSAGE AND POTATO FRITTATA**

3 tbsp extra-virgin olive oil, divided  
2 mild Italian sausages (about 100 g each), sliced (1/4 inch)  
3 cups sliced onions  
2 1/2 cups sliced peeled yellow potatoes (1/4 inch)  
8 large eggs  
1 tbsp chopped fresh parsley  
1 tsp paprika  
1/2 tsp salt  
1/2 tsp freshly ground pepper  
1 cup freshly grated Parmesan cheese  
3/4 cup diced red bell pepper  
1 tbsp chopped fresh parsley

1. Preheat oven to 425°F.
2. Heat 1 tbsp oil in a 10 inch cast iron frypan over medium heat. Add sausages and cook, stirring, until browned and cooked through.
3. Transfer sausages to a paper towel-lined plate; set aside. Drain off excess fat from frypan.
4. Heat remaining 2 tbsp oil in same frypan over medium-high heat. Add onions and potatoes; carefully sauté for 3 minutes.
5. Reduce heat and cook, covered, stirring occasionally, until onions and potatoes are softened and golden brown, about 20 minutes.
6. Meanwhile, whisk together eggs, 1 tbsp parsley, paprika, salt and pepper in a bowl until blended. Stir in Parmesan cheese; set aside.



7. Return sausages to frypan; stir to combine.
8. Pour egg mixture over sausage mixture. Sprinkle with red pepper. Remove from heat.
9. Bake until frittata is set and lightly browned, about 20 minutes.
10. Let stand for 20 minutes before serving.
11. Sprinkle with 1 tbsp parsley. Cut into wedges and serve. Serves 8.

**Cook's Note:** For guidance on how to make Italian Sausage and Potato Frittata, visit our YouTube Channel: [www.youtube.com/TheBlueFlameKitchen](http://www.youtube.com/TheBlueFlameKitchen).

## SPINACH AND GOAT CHEESE FRITTATA

2 cups chopped fresh spinach  
1/2 cup dry white wine  
3 cloves garlic, finely chopped  
8 large eggs  
1 cup whipping cream  
Pinch each nutmeg, salt and freshly ground pepper  
1 cup crumbled soft goat cheese, divided  
3/4 cup sliced drained oil-packed sun-dried tomatoes, patted dry  
1/2 cup sliced green onions  
Canola oil (for oiling cast iron frypan)  
Basil Drizzle (recipe follows)

1. Preheat oven to 375°F.
2. Place spinach, wine and garlic in a medium non-stick frypan over medium heat; cook, stirring, until spinach wilts. Remove from heat.
3. Whisk together eggs, cream, nutmeg, salt and pepper until blended. Stir in spinach mixture, 1/2 cup cheese, tomatoes and green onions.
4. Pour egg mixture into an oiled 10 inch cast iron frypan.
5. Bake until frittata is set and lightly browned, about 25 - 30 minutes.
6. Sprinkle remaining 1/2 cup cheese over frittata.
7. Cut into wedges and serve drizzled with Basil Drizzle. Serves 8.

### Basil Drizzle

1 cup fresh basil leaves  
1 cup fresh spinach leaves  
1/2 cup canola oil  
1/4 cup white wine vinegar  
2 tbsp finely chopped shallot  
1 tbsp liquid honey  
Pinch each cayenne pepper and salt



1. Cook basil and spinach in boiling water for 30 seconds; drain.
2. Cool basil and spinach immediately in ice water; drain.
3. Place basil, spinach, oil, vinegar, shallot, honey, cayenne pepper and salt in a mini food processor; process until smooth. May be refrigerated for up to 24 hours. Stir before using. Makes about 1 cup.