



Frying pan frittata | Serves 4-6

When it comes to dishes worth mastering the humble Frittata is at the top. They can be whipped up quickly and cheaply, eaten hot or at room temperature. Use Seamus's recipe as a guide to use up any ingredients you happen to have to hand. Eggs and milk are the only essentials.

Ingredients

- Olive Oil
- 80g button mushrooms
- 50g diced ham
- A mix of diced pepper, onion & cooked new potatoes
- 3tbsp of grated cheddar cheese
- 6 large eggs
- 80ml milk
- Salt and pepper to season

Method

1. Heat the oil in an ovenproof pan, add in the mushroom, pepper and onion. Sauté for 2 minutes before adding the diced ham and diced cooked new potato.
2. Separately mix the eggs and milk and season with salt and pepper. Add the mixture to the pan and sprinkle with grated cheese. Place the pan in preheated oven at 180°C and cook for approximately 15 minutes until firm.
3. Turn out on to a serving board and serve with mixed salad leaves.



Prepared by
Seamus Duggan, Pier 17

August

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