

Asparagus Frittata

Follow the steps to cook this frittata and it will come out perfect. You can add ham, pancetta or other veggies. You can also substitute Gruyere, Fontina or other cheeses. You will need a 10-inch oven-proof frying pan. I used a nonstick skillet.

Ingredients

½ TBS olive oil
1 TBS butter
½ cup chopped shallots
12 ounces thin asparagus
1 tomato, seeded and diced
6 large eggs
2 TBS whipping cream
½ tsp salt
½ tsp garlic salt
½ tsp pepper
2 TBS minced fresh chives
1 tsp fresh tarragon
3 ounces grated Jarlsberg cheese

Directions:

Preheat the broiler.

Wash the asparagus, break off the woody ends and cut into ¼ to ½ inch pieces.

Whisk the eggs, cream, salt, garlic salt, pepper, and herbs in a bowl to blend.

Heat the butter and the olive oil in a 10-inch-diameter oven proof frying pan. Add the shallots and sauté them for about 3 minutes over medium high heat until they are soft and have turned translucent.

Add the asparagus and sauté until tender, about 2 minutes. Add the tomatoes cook for a minute.

Add the egg mixture into the pan and cook for 4 to 5 minutes until almost set but still runny on the top. Reduce the heat (make sure the bottom of the frittata doesn't get to dark), sprinkle the cheese on top and cook for an additional 2 minutes .

Place the skillet under the broiler and broil until the cheese is melted and turned slightly golden brown.

Remove pan from oven with mitts and using a rubber spatula slide the frittata onto a serving plate.

Guten Appetit
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