



## Basic frittata recipe

### Ingredients:

- 2 tsp olive, sunflower or vegetable oil, for greasing
- 4 large free-range eggs
- 50ml milk or cream
- 100g grated cheddar or crumbled Wensleydale cheese
- freshly ground black pepper
- 1 tbsp chopped fresh herbs such as parsley or chives (optional)
- Half a bunch of spring onions
- 10 cherry tomatoes (halved)
- 200g of other seasonal vegetables of your choice e.g. pepper, broccoli, spinach etc.

### Method:

1. Heat the oven to 190C/170C fan/gas 5. Take the opportunity to look at the scale on the oven and work out where the dial needs to be.
2. Rub the oil over the inside of a 20cm circular oven-proof dish with a bit of kitchen roll or a pastry brush.
3. Weigh the ingredients. Take the opportunity to look at the scales and work out where the dial needs to be for that ingredient quantity.
4. Prepare the vegetable ingredients. Demonstrate how to wash and chop them safely.
5. Line a 20cm sandwich tin with a single sheet of baking parchment if your tin has a loose bottom.
6. Model how to crack an egg carefully. Emphasise the importance of washing hands after working with raw eggs.
7. Add the milk or cream to the eggs. Whisk the eggs with a fork or metal whisk until it is light and fluffy.
8. Add half of the grated cheese and a little ground black pepper. You can also add herbs if you like.
9. Put the vegetables into the oven proof dish. Pour the egg and cheese mixture onto the vegetables and sprinkle the rest of the cheese on top.
10. Place the tin or dish in the oven for 20 minutes so that the frittata is golden-brown and set.
11. Check that it is cooked in the middle by poking in a sharp knife. If it is still loose return the dish to the oven until set. Leave to cool a little before removing from the tin with a heatproof spatula. You can eat it warm or cold.

