

11-13-2011 Brunch Frittata

Serves 6

Ingredients:

½ medium tomato, chopped
¼ medium Vidalia onion, chopped
2 Tablespoons scallions, chopped
¾ cup cooked potatoes, chopped
1 cup shredded Colby cheese
5 corn tortillas, cut into ½-inch strips
¾ cup Carne Adovada (pork marinated/baked in red chile sauce)
12 eggs
¼ cup whipping cream
1/3 cup chopped green chile
½ teaspoon salt

Olive oil
Butter

10-inch oven-proof skillet (I use cast iron), at least 2 inches deep
Medium-sized mixing bowl
Whisk

Preparation:

1. Pre-heat oven to 350° F.
2. Assemble all ingredients, chopping the tomato, onion, scallions, cooked potatoes; shred the cheese.
3. Pour a Tablespoon or two of olive oil into skillet over high heat; add chopped tomato, onion and scallions and cook for about two minutes until pleasantly browned. Remove vegetables to a small plate. Turn OFF the heat.
4. Add 1 Tablespoon olive oil and 1 Tablespoon butter to the warm skillet and let it melt, spreading it around the bottom of the pan.
5. Spread chopped potatoes evenly on bottom of skillet.
6. Spread about a third of the corn tortilla strips over the potatoes.
7. Spread Carne Adovada over tortilla layer, then layer with another third of the tortilla strips.
8. In medium-sized mixing bowl, mix eggs with whipping cream, whisking until thoroughly blended and a little frothy. Add chopped green chile and the salt to the eggs; pour egg mixture over layered veggies/meat in skillet.
9. Sprinkle cheese evenly over top of frittata, and then add the final third of the corn tortilla strips on top for garnish.
10. Bake at 350° F. for 30 minutes; let sit for 5 minutes before cutting into wedges for serving.

Enjoy!





Variations: This is similar to stone soup – use the ingredients that you have available to you or left over from last night’s dinner.

1. If you can’t buy (or make) Carne Adovada, use leftover cooked chicken, pork, lamb, steak, sausage or bacon. If you’re cooking sausage or bacon for the frittata, use the fat from that instead of olive oil and butter.
2. Use whatever cheese you prefer.
3. Add other cooked veggies that you have on hand.
4. Add a layer of refried beans if you want a little extra protein.
5. Increase the amount of green chile for extra heat, or add a chopped jalapeno pepper.

<http://deharris.com/Recipes/Brunch/Brunch.htm>