



In The Kitchen

April 2019

with Christine Ciancetta

New Growth

Frittata with Leftovers

(Use any leftover cooked vegetables, grains, or herbs in your fridge for this frittata; then use any leftover frittata for a sandwich the next day.)

4 dinner servings:

6 large eggs (recommend organic or local)
½ onion, sliced thinly
1½ cups leftover cooked vegetables,
cut into ½-inch pieces
½ cup leftover cooked grains (optional) or pasta
2 tablespoons coarsely grated or crumbled cheese

1 tablespoon finely chopped tender herbs,
such as thyme, basil, and/or chives
Kosher salt
Freshly ground black pepper
2 tablespoons extra-virgin olive oil, divided

Add 1 tablespoon oil in a medium nonstick or well-seasoned cast-iron skillet over medium heat. Add onion and cook until translucent. Add vegetables and grains (if using) and cook briefly to re-heat. (If using fresh vegetables, add to onions and cook until they are soft.) Vigorously whisk 6 eggs in a medium bowl until well combined. Season eggs with salt and pepper. Pour into skillet with vegetables and grains. Top with grated cheese and chopped herbs; season the whole top with salt and pepper.

Reduce heat to low and continue to cook, tilting skillet and lifting edges of frittata up with spatula to allow uncooked egg to flow underneath and around sides, until surface is wet but center is mostly set when you shake the pan, about 5 minutes. Cover and let steam/cook until the top is set. Turn off heat and let rest for a minute or so. This will allow the egg proteins to tighten and release from the pan - particularly if you use cast iron.

Uncover, cut and serve. Add extra cheese and herbs if desired.

Blended Herb Soup

4 servings

1 tablespoon unsalted butter
2 shallots, minced
1 medium leek, chopped
4 cups water
2 russet potatoes, peeled and sliced thinly
2 cups fresh baby spinach, chopped
1 cup fresh parsley, chopped
1 cup chives, chopped

½ cup fresh dill, chopped
½ cup celery leaves, chopped
½ cup sorrel, watercress, or arugula leaves, chopped
½ cup milk or cream
1½ tsp salt
¼ tsp ground black pepper
Optional Garnishes: Sour cream, croutons and extra herb

Melt butter in a 3 quart soup pot. Add shallots and chopped leek and sauté over medium heat until soft, 5-7 min. Add the water and potatoes. Bring the mixture to a boil and reduce the heat to a simmer. Simmer the potatoes until tender, 10 min. Add the greens and herbs and simmer for 10 minutes. Puree the soup using an immersion blender (or transfer the soup to a traditional blender and blend until smooth). Add the milk or cream, salt and pepper. Mix well. Serve the soup as is, or topped with sour cream, croutons, or extra herbs.

DEL RIO
VINEYARD ESTATE

This spring BSC is featuring Rock Point, Jolee & Del Rio Wines
from Del Rio Vineyards Estate.

Curry-Herb Egg Salad

Makes 2 large sandwiches

- ½ cup plain Greek yogurt (full, reduced, or non-fat)
- 1 tablespoon prepared mayonnaise
- 1 tablespoon prepared Dijon mustard
- ½ teaspoon curry powder, or as needed
- 4 hard-boiled eggs, peeled and halved
- 1 large green onion, finely chopped (white and green parts)
- 1 tablespoon fresh soft herb of choice: cilantro, dill or basil
- Kosher salt and freshly ground black pepper
- Choice of bread (recommend organic: whole grain wheat or multi-grain)

In a medium bowl, chop the eggs with a fork. Add the Greek yogurt, mayonnaise, mustard, curry powder (more or less to taste) and stir well to combine. Add the green onions and herbs and season with salt and pepper. Enjoy on your favorite bread or as a side with salad.

Italian Breakfast Strata

6-8 Servings

Use leftovers with some Italian elements, like sundried tomatoes and sausage or switch to an American palate with ham and cheddar.

- 8 cups bread, cut into ½ to 1 inch cubes (recommend a stale crusty loaf)
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, finely diced
- 1 pound Isernio's Italian sausage, any variety, loose or casings removed from links
- 1 10 to 12 ounce. package baby spinach, drained (or substitute other cooked vegetable)
- 1 6.5 ounce. jar oil-packed sun-dried tomatoes, drained and coarsely chopped (save oil for another use)
- 2 tablespoons chopped fresh basil
- 1 teaspoon sea salt, plus extra for seasoning
- ½ teaspoon freshly ground black pepper, plus extra for seasoning
- ½ cup Fontina or Parmesan cheese, coarsely grated
- 10 large eggs
- 3 cups milk

Heat the oil in a heavy large skillet over medium heat. Add the sausage and sauté until browned, and golden, about 10 minutes. Using a slotted spoon, transfer the sausage to a bowl. Add the onion to the pan drippings in the same skillet and sauté until translucent, about 4 minutes. Add the spinach and sundried tomatoes. Sauté over medium-low heat until the spinach is tender, about 2 minutes. Stir in ½ teaspoon of salt, ¼ teaspoon of pepper, the chopped basil and the cooked sausage.

Place half of the bread cubes in a buttered 3-quart baking dish. Sprinkle half of the cheese over the bread, then top with half of the spinach/sausage/tomato mixture. Repeat layering.

Whisk the milk, eggs, remaining ½ teaspoon of salt and ¼ teaspoon of pepper in a large bowl and pour evenly over the strata. Chill the strata, covered with plastic wrap or waxed paper, at least 2 hours and up to 12 hours.

Preheat the oven to 350 degrees F. Bake strata uncovered until puffed, golden brown, and cooked through, 40 minutes. Let stand 5 minutes before serving.

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