



CHEF MICHAEL BONACINI

OLIVER & BONACINI

FAVOURITE FALL FRITTATA

INGREDIENTS

- 5 Farm fresh eggs
- ¼ cup of milk
- ½ medium onion, sliced
- 8 button mushrooms, cut in half
- ¼ cup leeks, diced
- ¼ cup squash, diced roasted
- ¼ cup cheddar, grated
- ½ clove garlic, minced
- 1 tablespoon butter
- Splash of olive oil

METHOD

1. In a shallow 8-inch non-stick pan over medium heat, gently cook the onion, leek and garlic and a splash of olive oil. Stir gently to cook without colour for 4 – 6 minutes
2. Next, add the mushroom and cooked squash and continue to sauté. Season with salt and pepper
3. Next, take the 5 eggs, crack and whisk in a clean bowl, season with salt and pepper, then add the grated cheddar cheese
4. Now, add the egg mixture to the pan with the vegetables, using a rubber spatula gently stir the egg and veg mixture over a low heat approximately 1 – 2 minutes
5. Take the frittata and broil under the preheated broiler for approximately 45 secs – 1 minute to finalize the cooking
6. Remove and allow cooling for a minute
7. Slide out onto a serving dish or wooden board and garnish

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GARNISH OPTIONS

- Arugula
- Prosciutto
- Smoked Trout
- Plain Yoghurt
- Goat Cheese
- Crusty Bread

NOTE

A frittata is a Bonacini family favourite, whether it's for breakfast, lunch or even dinner. It is quick, easy and comforting to make, and you can add just about any ingredient you can think of.

When the frittata is cooked and put on to the serving platter, I like to garnish with a handful of arugula leaves, sometimes goat cheese, thinly sliced prosciutto or smoked trout or smoked salmon.

A good dollop of yoghurt makes a humble frittata a thing of beauty!

Whether it's with a delicious cup of coffee or a glass of chilled wine, you must always serve a great piece of crusty bread alongside!

BON APPETIT!