

PANTRY FRITTATA #000

Well...apparently I have been making frittatas for years without knowing it. Many, many nights, I would get distracted by something, then eventually realize it was too late to make anything “complicated.” Hey! I have some eggs and some leftover stuff, let’s cook that up! Who knew what I was doing had a name?

Anyways...this is pretty tasty. Maybe not your “gourmet” frittata... maybe not very quick, but it certainly is easy! It is all pantry ingredients unless you buy commercial eggs [i]

INGREDIENTS

Qty.	Unit	Item
2	15 oz. can	Diced Potatoes
1	15 oz. can	Sweet Peas
12	-----	Large Eggs
2	TBSP	Butter
AR	-----	Morton’s Kosher Salt [iii]
AR	-----	Fresh Ground Black Pepper [iii]
AR	-----	Garlic Powder [iii]
AR	-----	Celery Seed [iii]
AR	-----	Grapeseed Oil
AR	-----	LVO

!!! ATTENTION !!!

The amount of ingredients listed will make 4 of these things. If you only want one, stick with three eggs and put the leftover potatoes and peas in the fridge

Insert standard blurb about salt here

Insert standard blurb about butter here

SPECIAL TOOLS

- NONE!!!

PREPARATION

- 1) Drain the potatoes through a wire mesh strainer into a 1 quart measuring cup. Cover with a saucer
- 2) Drain the peas through a wire mesh strainer into a 1 quart measuring cup. Cover with a saucer

- 3) Oil the cast iron pan with grapeseed oil and heat on high until you see the first hints of smoke
- 4) Wipe excess oil and gunk from pan with paper towels [ii]
- 5) Add potatoes to cast iron pan
- 6) Lightly coat potatoes with LVO and stir to evenly distribute
- 7) Cover pan with a spatter screen
- 8) Cook and stir occasionally until the potatoes are nicely browned to your taste
- 9) Remove the potatoes from the pan and set aside
- 10) Add the peas to the pan and leave in just long enough to cook off excess moisture
- 11) Remove the peas and set aside
- 12) Heat a non-stick pan with a 7-inch bottom on low
- 13) Crack 3 eggs and whisk in a small glass bowl
- 14) Add ½ TBSP butter to pan
- 15) Let the butter melt and spread evenly across the pan
- 16) Whisk salt, pepper, garlic powder, and celery seed [iii] into eggs
- 17) Add eggs to pan
- 18) Let cook until the eggs JUST start to set
- 19) Sprinkle ¼ of the potatoes evenly over the eggs
- 20) Sprinkle ¼ of the peas evenly over the eggs
- 21) Press the potatoes and peas GENTELY down into the eggs
- 22) Cook until the eggs are set enough that they can be slid around the pan
- 23) Cover the pan with an appropriately sized heat dome or lid
- 24) Cook until the eggs are all most fully set
- 25) Flip and cook until the top is browned to your liking [iv]
- 26) Flip on to the serving plate
- 27) Repeat steps 13 – 26 for the remaining eggs [if you are eating them ALL tonight!]
- 28) ENJOY !!!

CLOSING THOUGHTS

Another pleasant surprise. Who knew that my laziness would lead to something that has already been done soooo many times before? I know that this is not the greatest culinary event in the world, but it was yet another important step in my journey

NOTES

- i. Commercial eggs require refrigeration because the cleaning process removes the protective coating. “Farm fresh” eggs, on the other hand, can be kept out for a pretty long time [I know from personal experience!]
- ii. Careful!!! It will be hot!!!
- iii. As far as the spices go, use what you like!!! The ones I have listed here, are just what I thought would be good on this particular night
- iv. If you had a good non-stick pan and your pan skills are decent, you don’t need a spatula! These days I am about 50 / 50 with the pan flip

PICTURES

No pictures yet!!!