

Chef from the Hood Recipes



Chef:
Dan Patrick

Restaurant:
Parkside Cafe

Recipe:
Mediterranean Frittata

Ingredients

Butter generously coat the inside of a pan
8 large eggs, beaten with a fork in a bowl
1 to 2 cups quartered artichoke hearts (fresh cooked or from waterpacked can; drained)
1/2 cup sliced black olives (or any olive)
1/4 teaspoon pepper (or to taste)
4 to 5 ounces crumbled feta cheese

Preheat oven to 350°. Generously coat the inside of a pan (a round cake pan, a frying pan with an ovenproof handle or a muffin tin) with butter. Pour egg into the buttered pan. Add artichoke hearts, olives, pepper and feta cheese. (If using a muffin tin, equally divide all ingredients into each muffin space.) Bake in oven until eggs are set, around 30 to 40 minutes. Serve frittata warm and topped with your choice of toppings (see intro for ideas); or let the frittata cool in the pan and cut into wedges to serve at room temperature.

Frittata is a wonderfully versatile breakfast meal for the family. It's also an easy dish to transport to a picnic or party, and may be served warm or at room temperature. The regulars of the Parkside Cafe always look forward to the various styles of frittata that Chef Dan Patrick makes nearly everyday. He says, "This frittata is great when topped with baba ganoush, hummus, olive tapenade or sundried tomato and basil pesto. (Pacific Market has some great choices in fresh packed toppings.) To make small individual servings, you can bake frittata in buttered muffin tins instead of one larger pan. Fill the tins about halfway; the frittata will rise as it bakes." Recipe makes 4 generous servings.