

Artichoke Frittata (“The New Vegetarian Epicure” Anna Thomas)

A frittata is a flat, round omelet, in which herbs, vegetables, or other flavorings are mixed with beaten eggs and cooked into them. It is finished to a golden brown on both sides and cut into wedges to serve. Frittatas can be eaten hot, warm, or cool, and are sturdy enough to travel well.

I make this with marinated artichoke hearts, which are easily available in jars, and just drain them well to make sure they're not too oily. I like the slightly tart, lemony taste mixed with eggs-it reminds me a little of avgolemono. However, if you have an abundance of steamed artichokes and want to trim out the hearts and use those, by all means do.

2 medium onions
1 lb small red-skinned potatoes
2 Tbsp olive oil
1 large clove garlic, finely chopped
1 tsp salt, more to taste
1 ½ cups artichoke hearts
10 eggs
¼ cup chopped flat-leaf parsley
1/3 cup grated Parmesan cheese
black pepper to taste

Peel, quarter, and slice the onions. Scrub the potatoes, and if they are very small, cut in ¼-inch slices; if they're larger, quarter them lengthwise, then slice them.

Heat 1 ½ Tbsp olive oil in a large non-stick sauté pan. Cook the onions, potatoes, and garlic in the oil, with a little salt, stirring them often until they are tender.

Drain the marinated artichoke hearts well and trim off any tough, fibrous leaves. Quarter the artichoke hearts and add them to the potatoes and onions in the pan; stir everything together, then remove the pan from the heat.

Beat the eggs in a large bowl with ½ tsp of salt, and chopped parsley, grated Parmesan cheese, and black pepper to taste. Add all the vegetables in the pan to the eggs, and stir it all together.

Clean the sauté pan to remove the starchy residue from the potatoes, wipe it dry, and then heat the remaining ½ Tbsp of olive oil in it. Pour in the egg and vegetable mixture, spreading it evenly, lower the heat to a very small flame, and cover the pan. Cook the frittata for 8-10 minutes, or until the eggs at the top are almost set.

Put the pan under a hot broiler for a few minutes to finish the frittata. It should be just slightly golden brown on top. Loosen the frittata gently with a knife or spatula until it moves freely in the pan, then slide it out onto a platter or place a platter over the pan and invert. Cut the frittata in

wedges to serve.

This is best eaten warm or at room temperature, so if you are taking it to a picnic, pack it into the hamper rather than the cooler. If you must keep it longer than a few hours, refrigerate it but allow it to come to room temperature before serving for best flavor.

Serves 6-8