

Dan Ralston's Kitchen

Roasted Tomato Frittata

Serves 6-8

- 12 Large Eggs
- 1 Bunch Fresh Basil
- 6 Ripe Roma Tomatoes
- 3 Tbsp Extra Virgin Olive Oil
- 1 tsp Minced Garlic
- 2 Cups Fresh Buffalo Mozzarella cut into 1 inch cubes
- ¼ Cup Grated Parmesan (preferably imported)
- Salt and Pepper to Taste
- Olive Oil flavored cooking spray

A frittata is an Italian version of an omelet. The difference between the two is method of cooking. Where an omelet is cooked quickly over moderately high heat and flipped over the frittata is cooked over very low heat until all but the top is set. It is then finished off under the broiler until the top is set and bubbly. For me, a good quality non-stick sauté pan is essential to successfully prepare a frittata.

In a large mixing bowl whisk the eggs until all of the whites are incorporated. Coarsely chop the basil and add to the eggs. Pre-heat the broiler. Cut the tomatoes into wedges by halving them lengthwise then slicing each half lengthwise into 3 wedges. Spray a cookie sheet with cooking spray. Place the wedges skin side down on the greased cookie sheet. In a small bowl mix the olive oil and garlic then brush each wedge with mixture. Season the tomatoes with salt and pepper. Place the tomatoes 2 to 3 inches under the broiler and broil for approximately 3-5 minutes or until the tomatoes start to brown (almost char) on top. Let cool at least five minutes (so they won't start to cook the eggs) then mix the tomatoes into the egg and basil. Add the cheeses and stir gently to evenly distribute the ingredients.

Spray a large non-stick sauté pan with the cooking spray. Pour the egg mixture into the pan, stir gently to redistribute the ingredients and place over very low heat. Cook over low heat for 20-25 minutes or until you can gently shake the pan and tell that all but the top of the egg mixture is set. Pre-heat the broiler. Place the frittata under the broiler and broil until the top is set and bubbly, approximately 2-3 minutes. I usually don't take my eyes off of it during this phase so I am sure I won't burn it.

Gently slide the frittata onto a serving dish. Let cool for 5 to 10 minutes before slicing into wedges. The frittata could also be cut into rectangles and served as an hors d'oeuvre.