



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

JUNE 2013
Recipe 48

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Baked Frittata with Asparagus, Red Bell Peppers & Portobello Mushrooms

PREPARATION

- 1 - Preheat oven to 350°F and butter a 13 x 9 x 2-inch glass baking dish.
- 2 - Trim asparagus and diagonally cut into 1/4-inch-wide slices. Cut bell peppers into 1/4-inch-wide strips and mince shallots. Slice portobello mushrooms into 1/4-inch strips. Halve zucchini length wise and diagonally cut both zucchini and scallions into thin slices.
- 3 - In a large skillet sauté bell peppers, shallots and mushrooms in butter over moderately low heat, stirring occasionally, until peppers are softened, about 10 minutes.
- 4 - In a large bowl whisk together eggs, cream, parsley, salt, and pepper. Stir in asparagus, bell pepper mixture, zucchini, and scallions. Pour custard into baking dish and sprinkle asiago on top. Bake in middle of oven until golden, about 35 minutes. Cool frittata on a rack and bring to room temperature before serving.



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Cook's Note: One of the best kept secrets to consistently creating perfect frittatas time after time is by baking them! Baked frittata is perfect for weekend brunches or vegetarian entrees alike!

Bon Appetit!
-George

(photo by Marc-Henri)

INGREDIENTS

- 2 pounds thin asparagus
- 2 red bell peppers
- 2 portobello mushrooms
- 3 shallots
- 1 medium zucchini
- 3 scallions
- 1 tablespoon unsalted butter
- 10 large eggs
- 1/2 cup heavy cream
- 3 tablespoons chopped fresh Italian parsley
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground black pepper
- 4 oz. asiago cheese (optional)

COOK'S NOTE:

Frangipane tarts are traditionally made of fragrant, creamy, almond-flavored filling. The delicious addition of the Raspberries to this frangipane recipe celebrates the beginning of California's Raspberry season, and would make an ideal Mother's Day treat!

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-George