



RECIPE

WHAT YOU NEED

- ½ KG (1 LB 2 OZ) MEALY POTATOES
- SALT
- 400 G (14 OZ) GREEN ASPARAGUS
- 3 SCALLIONS
- 3 EGGS
- 200 G (7 OZ) WHIPPING CREAM
- BUTTER
- VARIOS VENEGARS; PREFERABLY APRICOT, PLUM AND DARK BALSAMIC
- PARSLEY
- PEPPER
- NUTMEG



Frittata with Green Asparagus



PREPARATION

1 Boil potatoes in salted water; peel and slice thinly.

2 Clean asparagus (trim off dry ends; green asparagus does not have to be peeled). Cook asparagus in liberally salted water for about 1 minute and refresh immediately in ice water, allowing the asparagus to soak in the cold water for a few minutes.

3 Clean scallions and cut into rings. Pluck the individual parsley leaves from the stem and chop (you need 2 TB). Cut asparagus into bite-size pieces; thick spears can also be cut in half lengthwise.

4 Blend eggs with whipping cream, and season vigorously with salt, pepper and ground nutmeg.

5 Butter a heavy pan. Layer potato slices, asparagus, scallions and parsley in the pan, and pour the egg-cream mixture over the top. Bake frittata at 200°C/400°F/Gas Mark 6 until the egg mixture solidifies (about 15 minutes).

6 Allow frittata to rest at least 5 minutes after baking. Cut serving-size pieces from the pan and bring to the table with a variety of fine vinegars. Dark balsamic vinegars or fruit vinegars such as apricot and plum vinegars go particularly well with this dish.

BON APPÉTIT 😊