

Asparagus and Parmesan Frittata



This month we are featuring the frittata.

Why? Because you can put pretty much anything in this dish, from goats' cheese and sweet red peppers to bacon and mushrooms, it's endlessly versatile and can be eaten hot or cold.

In this dish, I am going to introduce some spring flavour by adding some English asparagus, now that the season has begun.

To produce a successful frittata, it's very important to have a non-stick frying pan. Ideally this will be approximately 25cm in diameter. If you possess one of these in your own kitchen at home, it might be an idea to bring it along to the boat with you.

You Will Need

1 tbsp Olive Oil

8 Large Free-range eggs

1 big bunch of asparagus (Thoroughly washed and woody ends snapped off)

50g Parmesan Cheese grated

A handful of chives and flat leaf parsley leaves, finely chopped (Optional)

Sea Salt and Freshly ground black pepper

Method

One.

Crack all the eggs into a bowl and whisk lightly until fully combined. Season the egg mixture with salt and pepper and add the herbs, if using.

Two.

Heat the oil in your frying pan on a medium heat and add the asparagus (if you have the thicker spears of Asparagus slice them in half lengthways.) Season with a pinch of sea salt and cook for around 4/5 mins. They will still need to have some bite so don't overdo this.

Three.

Add the egg mixture to the pan along with the parmesan. Cook this for approximately 5 mins until you see a crust begin to form around the edges on the bottom of the pan.

Four.

Cover the pan with a large plate or saucepan lid and quickly turn the pan upside down to invert the frittata. Now slide it back into the pan (cooked side up!) and cook for a further five minutes on a low heat until completely cooked through.

Serve with a simple green leaf salad and jersey royal new potatoes.

*** If you have a grill onboard you can also finish the cooking process without inverting the frittata. Simply put the whole pan (ensuring you don't expose the handle to the heat if it's not oven proof) under the grill until the all the egg is cooked through and the surface begins to brown slightly. You can either turn it out onto a plate to serve at this point or slice it whilst it is still in the pan.

Serves 4