

Frittata with Roasted Vegetables



Open faced omelet featuring MINOR'S® Flavor Concentrates and roasted vegetables.

Yield	39-3/4 lbs
Serves	50
Preparation time	10 minutes
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
400	fl oz	3 gal 1 pt		Eggs	whole, liquid
21	oz	2-1/3 cups		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
12	oz	1-1/2 cups		Mayonnaise, Fat Free	
.75	oz	1-1/2 tbsp		Lemon juice, fresh	
.25	oz	1 tbsp		Lemon zest	
.25	oz	3/4 tsp		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
8	fl oz	1 cup		Olive oil	
22	oz	3 cups		Tomatoes	julienne
2	lb	3 cups		Green Bell Peppers	diced, roasted
84	oz	1-1/2 gallons		Mushrooms	roasted
2	lb			Lettuce	
24	fl oz	3 cups		Olive oil	
8	fl oz	1 cup		Red wine vinegar	

Preparation Steps

1. Thoroughly Whisk together eggs and Roasted Garlic Flavor Concentrate. Keep refrigerated or on ice.
2. Combine mayonnaise with lemon juice, zest, and Herb de Provence Flavor Concentrate. Place in squirt bottle and set aside.
3. In olive oil, sauté tomatoes, peppers, and mushrooms over medium high heat.
4. Add eggs and reduce heat to medium. Push cooked egg from the edge of the frittata toward the center. Rotate the pan so the uncooked eggs on the top will fill the void around the edges left by the eggs that you just pushed toward the center. Repeat until there isn't any uncooked egg to fill the void around the edges. Flip frittata and cook for 1-2 minutes or until eggs are cooked.
5. Slide frittata from pan and place on a plate. Drizzle with Lemon Herb Aioli.
6. Toss the baby lettuce with olive oil and vinegar. Place on top of frittata.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	539.6
Energy (Kj)	2269
Protein (g)	31
Carbohydrate, total (g)	9.8
Fats, total (g)	41.5
Sugars, total (g)	5.9
Fats, saturated (g)	9.7
Fiber, total dietary (g)	2
Sodium (mg)	791
Cholesterol (mg)	960
Iron (mg)	4.8
Vitamin A (µg_RAE)	406

Lemon Herb Aioli



Zesty lemon herb aioli featuring MINOR'S® Herb de Provence Flavor Concentrate.

Yield	1-1/2 cups 50(1/4oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
12	oz		1-1/2 cups	Mayonnaise, Fat Free	
.75	fl oz		1-1/2 tbsp	Lemon juice, fresh	
.25	oz		1 tbsp	Lemon zest	
.25	oz		3/4 tsp	<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	

Preparation Steps

1. Combine mayonnaise with lemon juice, zest, and Herb de Provence Flavor Concentrate. Place in squirt bottle.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	6.5
Energy (Kj)	29
Protein (g)	0
Carbohydrate, total (g)	1.1
Fats, total (g)	0.2
Sugars, total (g)	0.7
Fats, saturated (g)	0.1
Fiber, total dietary (g)	0.1
Sodium (mg)	59.4
Cholesterol (mg)	0.6
Iron (mg)	0
Vitamin A (µg_RAE)	0.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

FRITTATA WITH ROASTED VEGETABLES

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Combine eggs and flavor concentrate
- € ☐ Prepare lemon herb aioli
- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
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- € ☐ Clean, medium dice, oil, season, roast approx. 3 lbs local seasonal vegetables
- € ☐ Clean baby lettuce
- € ☐ Combine vinegar and oil in squirt bottles (3 parts oil to 1 part vinegar)
- € ☐ Squirt bottle of olive oil for sautéing

> Day of Service

€

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans (nonstick omelet pans)
- € ☐ Refuse container
- € ☐ Containers for holding vegetables cold (6)
- € ☐ Container for holding greens cold
- € ☐ 1 oz scoops for vegetables (some vegetables like broccoli or cauliflower may require a different size scoop) approx. ½ cup of vegetables per frittata
- € ☐ Container for holding eggs cold
- € ☐ 8 oz ladle for eggs
- € ☐ Bowl for tossing greens
- € ☐ Tongs (2)
- € ☐ Heatproof spatula (3)
- € ☐ Serving spatula

FRITTATA WITH ROASTED VEGETABLES

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Red wine vinegar 2 cups
- € ☐ Extra virgin olive oil 1-1/2 qts
- € ☐ Mayonnaise, fat free 12 oz

> Produce

***be sure to ask your distributor about local seasonal produce*

- € ☐ Baby lettuce mix (organic if possible) 2.25 lbs
- € ☐ Lemons 2 each
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs

> Frozen

€ €

> Protein

- ☐ Liquid eggs 400 fl oz

> Dairy

€ € €

> Refrigerated

- ☐ MINOR'S® Herb de Provence 1 tub
- € ☐ MINOR'S Roasted Garlic Flavor Concentrate 2 tubs