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## Pasta Frittata with Sausage and Hot Peppers

From *America's Test Kitchen* Season 15: Get a Rise out of Your Eggs

### WHY THIS RECIPE WORKS:

For a pasta frittata that showcased egg and pasta in equal measure, we opted for superthin angel hair pasta. The strands of angel hair formed a delicate network throughout the eggy interior. We started with dried pasta instead of leftover cooked pasta so that we could make this dish any night of the week. For convenience's sake we skipped the traditional pasta cooking method, which requires a large pot of boiling water, and instead cooked the angel hair in just 3 cups of water in the same 10-inch nonstick skillet we then used for cooking the frittata. We kept the eggs tender by using a generous amount of extra-virgin olive oil, and we created a crispy pasta crust by letting it fry in the skillet before adding the eggs. Finally, for flavor and textural contrast, we mixed in bold add-ins. To ensure that each incorporated seamlessly into the frittata, we cut everything into bite-size pieces and precooked them before adding them to the eggs.

### Serves 4 to 6

To ensure the proper texture, it's important to use angel hair pasta. We like to serve the frittata warm or at room temperature, with a green salad.

### INGREDIENTS

- 8** large eggs
- 1** ounce Parmesan cheese, grated (1/2 cup)
- 3** tablespoons extra-virgin olive oil
- 3** tablespoons coarsely chopped jarred hot cherry peppers
- 2** tablespoons chopped fresh parsley
- Salt and pepper
- 8** ounces sweet Italian sausage, casings removed, crumbled
- 2** garlic cloves, sliced thin
- 3** cups water
- 6** ounces angel hair pasta, broken in half
- 3** tablespoons vegetable oil

### INSTRUCTIONS

- 1.** Whisk eggs, Parmesan, olive oil, cherry peppers, parsley, 1/2 teaspoon salt, and 1/2 teaspoon pepper in large bowl until egg is even yellow color; set aside.
- 2.** Cook sausage in 10-inch nonstick skillet over medium heat, breaking up sausage with wooden spoon, until fat renders and sausage is about half cooked, 3 to 5 minutes. Stir in garlic and cook for 30 seconds. Remove skillet from heat. Transfer sausage mixture (some sausage will still be raw) to bowl with egg mixture and wipe out skillet.

**3.** Bring water, pasta, vegetable oil, and 3/4 teaspoon salt to boil in now-empty skillet over high heat, stirring occasionally. Cook, stirring occasionally, until pasta is tender, water has evaporated, and pasta starts to sizzle in oil, 8 to 12 minutes. Reduce heat to medium and continue to cook pasta, swirling pan and scraping under edge of pasta with rubber spatula frequently to prevent sticking (do not stir), until bottom turns golden and starts to crisp, 5 to 7 minutes (lift up edge of pasta to check progress).

**4.** Using spatula, push some pasta up sides of skillet so entire pan surface is covered with pasta. Pour egg mixture over pasta. Using tongs, lift up loose strands of pasta to allow egg to flow toward pan, being careful not to pull up crispy bottom crust. Cover skillet and continue to cook over medium heat until bottom crust turns golden brown and top of frittata is just set (egg below very top will still be raw), 5 to 8 minutes. Slide frittata onto large plate. Invert frittata onto second large plate and slide it browned side up back into skillet. Tuck edges of frittata into skillet with rubber spatula. Continue to cook second side of frittata until light brown, 2 to 4 minutes longer.

**5.** Remove skillet from heat and let stand for 5 minutes. Using your hand or pan lid, invert frittata onto cutting board. Cut into wedges and serve.

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## TECHNIQUE

### PASTA FRITTATA MADE WITHOUT LEFTOVERS

Though it's usually whipped up with last night's noodles, pasta frittata can be just as simple using our from-scratch approach.

**USE A SKILLET:** Add water, broken angel hair, and oil to skillet—the only vessel you will need for this dish.



**COOK OFF LIQUID:** Once pasta is tender, keep cooking until water evaporates and pasta starts sizzling in oil.



**LET IT CRISP:** After about 5 minutes, pasta will start to crisp (check progress by lifting up the edge).



**LIFT LOOSE STRANDS:** Pour eggs over pasta, then gently pull up top strands to allow eggs to flow into center.



**SLIDE AND INVERT:** To brown second side, slide frittata onto plate, invert onto second plate, and return to skillet.



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## TECHNIQUE

### A TOASTY BOTTOM

A layer of crispy golden pasta on the bottom of the frittata (shown here after we flipped it to brown the top and before we reinvert it for serving) distinguishes our version.

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## RECOMMENDED EQUIPMENT



Rubbermaid Professional...



Lodge 10.25" Cast Iron Skillet



OXO Good Grips 11" Balloon Whisk...



Microplane Classic Zester Grater...



SCI Bamboo Wood Cooking Spoon