

BUTTERNUT, SPINACH FRITTATA

INGREDIENTS

10 large eggs

½ cup half and half (or milk)

¾ tsp kosher salt

½ teaspoon freshly ground black pepper

3 tablespoon olive oil, divided

5 cups butternut squash, cubed

6 cups loosely packed spinach leaves

1 teaspoon brown sugar

⅛ teaspoon freshly ground nutmeg

1 cup ricotta

additional salt and pepper to taste

Method:

Preheat the oven to 200C.

On a baking sheet lined with parchment paper, spread out the butternut squash. Drizzle with 2 tablespoon olive oil, brown sugar, nutmeg, ½ teaspoon of salt, and ¼ teaspoon pepper. Toss to coat.

Roast the squash in the oven for 20-25 minutes, until browned and easily pierced with a fork.

While the squash is roasting, prepare the frittata base. In a medium bowl, whisk together the eggs, half and half, ¼ teaspoon salt, and ¼ teaspoon of pepper. Set aside.

Remove the squash from the oven and lower the oven temperature to 180C. In a 10-inch oven-safe skillet, heat the remaining 1 tablespoon oil on medium heat. Saute the spinach until wilted and coated with the oil. Add the cooked butternut squash, and gently mix to incorporate.

Turn the heat down to medium-low. Add the egg mixture to the pan. Make sure the ingredients are evenly spread out before adding the egg mixture. Cook the frittata on the stove for about 10-12 minutes. Use a spatula to pull the eggs away from the sides, allowing the liquid to drip to the bottom. This ensures that the frittata is cooking evenly. Cook on the stove until the sides are set and the frittata begins to firm up. Drop the ricotta by tablespoons on top in 4-5 areas, covering the pan. Season with additional salt and pepper.

Remove the pan from the stove and finish cooking in the oven for about 15 minutes. The frittata will be ready when it is browned on top and firm (not runny in the middle). The frittata will puff up, then deflate - this is normal. Serve warm or at room temperature.

#anytimebubbly

Secret Sunday Brunch in partnership with Pierre Jourdan

