



Caramelized Onions :: Goat Cheese :: Cherry Tomatoes

FRIIT- TATA

Frittatas were never a huge thing with us. Generally, it was a on-a-whim whatever we happen to have around, sort of meal. Sometimes it was just a quick breakfast, very simple, maybe some pecorino, fried, put on a piece of semolina (full disclosure, I've been known to put ketchup on mine, shh). In fact, I recall my dad making a frittata sandwich to take to work with him if he didn't have any left overs from dinner the night before. Once in a while, my mom would fancy it up a little bit. It was pretty typical of her to make it with potatoes, grated



pecorino, scallions, asparagus, squash flowers, or really whatever she had on hand. But this afternoon I just happen to have tomatoes, goat cheese, and onions left over. They were also easy enough so that everyone could potentially make their own, use whatever ingredients they wanted, and it was always done entirely in the frying pan. I decided to go with this frittata in the oven, mostly because I like the finished golden brown on top (vain, I know). Plus, it gives me the opportunity to step away from it so I could prepare a salad or other side.



Ingredients

Serves 2 to 4

6 eggs
9-10 cherry tomatoes, halved
3 small yellow onions, sliced
3 oz fresh goat cheese, crumbled
2 cloves of garlic, rough chopped
1 sprig thyme, chopped
1 sprig rosemary, chopped
olive oil
coarse salt
fresh ground pepper

1. In a skillet over Medium/High heat, simmer 1 tbsp of olive oil. Add sliced onions (I know it seems like a lot, but they reduce considerably). Stir to coat onions. When onions begin to sweat (about 10 min) reduce heat to Medium/Low and add 1 tsp of coarse salt and another tbsp of olive oil. Spread onions evenly over skillet and stir occasionally to allow to caramelize. This may be 30 minutes to an hour, until onions are a deep golden brown. If you feel the onions are too dry, you can add a little more oil (I've heard of people adding water, but I've never done that). Once the onions are done, remove from pan.

2. While onions are cooking, preheat oven 400°F

3. In a mixing bowl, add eggs, thyme, rosemary, 1 tbsp of coarse salt, a pinch of fresh ground pepper, place hand on hip and whisk. Set aside.







4. In the empty skillet, heat 1 tbsp of olive oil over Medium heat. Add the tomatoes and garlic until the tomatoes begin to blister.

5. Add caramelized onions and spread evenly throughout pan. Pour egg mixture over tomatoes and onions. If necessary, tilt pan so eggs even distribute. Add crumbled goat cheese on top.

6. Allow to cook over stove top for about a minute or two. Then, move skillet to oven. Let bake for 7-10 minutes, until golden and puffy.

7. Remove from oven and cut into wedges.

Serve with a side-salad, or on your favorite Italian (semolina!) bread as a sandwich.





*Ingredients from this dish eggs, yellow onions,
and cherry tomatoes from The Meat Hook
(in Williamsburg, Brooklyn), and garlic from
Greenpoint / McCarren Park Greenmarket.*