

Wild Mushroom Frittata

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 40 minutes

Step 1: Preparing the Mushrooms

- 12 oz mixed mushrooms (wild and button)
 - 6 oz wild mushrooms
- Before starting the frittata, preheat your oven to 350° F (175° C).
Clean the mushrooms and slice into pieces about 1/4" -inch thick.

Step 2: Sauteing the Mushrooms

- 2 tsp grapeseed oil
 - 1/4 fresh lemon
 - sea salt, to taste
 - freshly ground black pepper, to taste
- To saute the mushrooms, preheat a large, stainless-steel pan over high heat.
Once hot, add the oil and mushrooms. Squeeze a bit of fresh lemon over top and season with salt and pepper to taste. Saute the mushrooms until the moisture evaporates and they brown. Remove from the pan and set aside.

Step 3: Preparing the Remaining Ingredients

- 3 oz fontina cheese (or Gruyère or any other melting cheese)
 - 1 tbsp fresh parsley leaves
 - 10 large eggs
 - 1/2 tsp sea salt
 - freshly ground black pepper (to taste)
 - 10 tbsp heavy cream
- Grate or dice the cheese. Roughly chop the parsley and measure the cream. Set aside.
In a large bowl, whisk the eggs. Season with salt and pepper. Add the cream and whisk together. Stir in the cheese, mushrooms and parsley.

Step 4: Cooking the Frittata

- 1 tsp extra-virgin olive oil
- To cook the frittata, heat a 10" -inch, non-stick, ovenproof pan over medium-low heat.
Add the oil and swirl it around in the pan. Once warm, pour the egg mixture into the pan. Using a heat-proof rubber spatula, gently agitate the eggs. Move the ingredients from the outside of the pan towards the center, while scraping the bottom of the pan. Scrape around the side of the pan too.
Slowly cook the frittata until it is cooked about half way through. There should be cooked egg scattered throughout with wet (not runny) egg in between.
Just before transferring the frittata to the oven, flatten out the surface, if necessary. Give the pan one last sweep around the edge to tidy it up.

Step 5: Baking and Serving the Frittata

Transfer the frittata to the upper-third rack in the oven and bake until the center just sets, about 5 to 10 minutes.

Once done, remove from the oven and let cool in the pan for a few minutes until the steam subsides. Slide the frittata out of the pan onto a cutting board or serving tray. Slice and serve.