

Cooking with seasonal vegies

Production: Make a frittata

There are many recipes that use vegetables. But here's one where you could be very creative and include seasonal vegetables that you enjoy eating. A frittata is an egg-based dish similar to an omelette or quiche, enriched with additional ingredients such as meats, cheeses, vegetables or pasta.

Frittata

Ingredients

- 1 onion (125g), chopped
- 400g vegetables (e.g. zucchini, carrot), grated
- 2 tablespoons (20g) self-raising flour
- 3 shakes pepper
- 3 eggs, beaten
- ½ cup (60g) grated tasty cheese

Method

1. Cut baking paper to fit base of frying pan. Spray or brush paper with oil.
2. Combine all ingredients.
3. Pour into frying pan.
4. Cook 10–15 minutes until base is brown.
5. Turn onto plate, remove baking paper.
6. Return paper to frying pan. Slide frittata from plate back into frying pan and continue cook further 10–15 minutes until brown.

Serves 4

Recipe source: Cookery the Australian Way, 8th ed, p. 276.

1. **Evaluate** the frittata in terms of appearance, aroma, texture and flavour. Remember to use descriptive words in your sensory evaluation.
2. Considering which vegetables are currently in season, suggest some combinations of seasonal vegetables that you could include in this frittata recipe.
3. What are some other changes you could make to the recipe e.g. what are some other ways in which frittatas can be cooked?
4. **Investigate** other variations of a frittata and create a recipe scrapbook of your favourites.
5. Brainstorm and develop a list of other dishes that could incorporate seasonal vegetables.