

# SUNBURST FRITTATAS by Maggie Foard



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## SUNBURST FRITTATAS *with ricotta, cilantro and jalapeno*

*Hot, cold or at room temperature, frittata makes a wonderful brunch or light supper dish and even travel well to potlucks.*

- 1 pound green & yellow zucchini, or sunburst squash, grated  
(2 smallish yellow zucchini or sunburst squash, reserved for top)
- 1 tsp. salt
- 1 or 2 jalapeno peppers
- 2 tbsp. each of butter and olive oil
- ½ cup packed cilantro leaves
- 1 or 2 cloves of garlic
- 5 or 6 extra-large, free-range eggs
- 4 ounces fresh goat ricotta or fresh chevre

Toss the grated zucchini and salt together in a bowl. Transfer to a fine strainer, set back over the bowl and let drain for about 30 minutes. Rinse and drain the grated zucchini and roll in a clean kitchen towel to remove the moisture.

Preheat the broiler. Slice the jalapeno into thin rings. You'll need 9 or 10 rings for the center garnish. Sauté them in a small pan for a minute or two on each side to mellow the flavor and soften them a bit. Then finely mince any leftover jalapeno with the cilantro and garlic and set aside.

Prepare the sunburst for the top by slicing the reserved yellow squash at an angle so that each slice looks like a flower petal. Arrange the slices on a dinner plate to create a pattern, cover with plastic wrap and microwave for about a minute to partially cook them.

Crack the eggs into a medium bowl and whisk in a tablespoon of water. In a wide skillet or omelet pan, melt 1 tablespoon each of butter and olive oil. Add the zucchini and sauté for 4 or 5 minutes, until soft. Add the minced pepper, cilantro and garlic. Cook one more minute and then cool a bit. Add to the bowl with the eggs.

Wipe the pan clean and place it over medium heat. Add the remaining tablespoon of butter and oil, being careful not to burn the butter. As soon as the pan is piping hot, pour in the egg mixture. Rotate the pan a little to distribute the eggs evenly. Then, turn the flame way down and let it cook for about 2 minutes. Working quickly, crumble and scatter the cheese over the eggs. Arrange your yellow slices over the top in a sunburst pattern with the jalapeno rings in the center or just simply spread them out evenly on top. When the frittata looks partially set (the edges will look cooked but center will be pretty goey at this point), turn off the flame and cover. Let set for 2 or 3 minutes, uncover and place under the broiler to finish off. A couple of minutes under the broiler will be plenty so stay close and keep an eye on it. Remove it from the heat as soon as it appears to be set. Let rest a few minutes before serving in wedges. (serves 4 as a main dish)