

Frittata w/ Scapes & Goat Cheese

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 30 minutes

Chef's Notes

- Garlic scapes are the curling tops of garlic plants, which are as edible as the garlic bulbs. They have a delicate, garlicky flavor with less bite than that of a garlic clove. They are extremely tasty and versatile. Scapes are popular in Asian cuisines, especially in stir-fries. They are also great steamed with a bit of butter. Scapes make a great addition to soups, stocks, salads, and many egg dishes such as omelettes and frittatas.

Leftover frittatas are delicious served cold. Wedges are ideal for picnics.

Step 1: Preparing Your Mise en Place

- 7 garlic scapes* (about 1 cup or 4 oz)
 - 5 oz goat cheese (about 1 cup or 140 g)
 - 1/2 cup whole milk
 - 10 large eggs
 - 1/2 tsp sea salt (or to taste)
 - freshly ground black pepper (to taste)
- Preheat your oven to 350° degrees Fahrenheit.
- Cut the scapes into 1/2" -inch pieces. *Note: Garlic scapes are the curling tops of garlic plants. Gather the goat cheese and set aside.
- In a large bowl, whisk the eggs and milk together. Season with salt and pepper to taste. Set aside.

Step 2: Cooking the Scapes

- 2 tbsp unsalted butter
 - sea salt (to taste)
 - freshly ground black pepper (to taste)
- Preheat at 10" -inch non-stick, ovenproof skillet over medium heat. Add the butter. Once melted, add the scapes and season with a bit of salt and pepper. Cook for a couple of minutes just to soften slightly.

Step 3: Preparing & Baking the Frittata

To prepare the frittata, turn the heat to low. Pour the egg mixture over top and stir gently to incorporate the egg. You want to see cooked egg scattered throughout, but wet egg in between. This should take about 4 or 5 minutes. Break the goat cheese apart and sprinkle over top. Transfer to the oven and bake for approximately 15 minutes or until the surface has set.

Step 4: Serving the Frittata

Once done, let the frittata cool for a few minutes. Loosen the bottom with a spatula and slide onto a cutting board. Slice and serve with a side salad.