

Italian Sausage & Roasted Pepper Frittata

Swick

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

Step 1: Preparing Your Mise en Place

- 1 Italian sausage
- 1/2 cup roasted peppers (recipe on Rouxbe)
- 3 oz mozzarella cheese (or other melting cheese)
- 1 tbsp fresh parsley leaves
- 10 large eggs
- 1 1/4 tsp kosher salt
- ground black pepper (to taste)
- 10 tbsp heavy cream
- 2 oz fresh bocconcini (optional)

Before starting the frittata, preheat your oven to 350° F (175° C).

To prepare your mise en place, first prepare the peppers (see the recipe for Roasted Red Peppers). If using jarred roasted peppers, make sure any excess liquid has been drained.

Next, remove the casing from the sausage. Break the sausage apart into small pieces, about 1/2" -inch rounds. Preheat a small, non-stick fry pan over medium heat and fry the sausage just until cooked through. Remove and drain on paper towels.

Grate the mozzarella cheese and break up the bocconcini into small chunks. Roughly chop the parsley and measure out the cream.

Step 2: Assembling the Frittata

In a large bowl, whisk the eggs. Add the salt, pepper and cream and whisk to combine. Stir in the remaining ingredients.

Step 3: Cooking the Frittata

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.

Transfer the frittata to the upper-third rack of 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.