

Individual seasonal frittatas

Season: All

Makes: 24 small or
12 large individual
frittatas

Fresh from the garden: seasonal vegetables and herbs, eggs, onions

This recipe shows some different options for creating savoury frittatas for individual servings, which are a popular way of using delicious, seasonal school produce – and even better if the school has chickens and you use your own eggs!

Note: All Kitchen Garden School recipes begin by setting up the chopping board and knives: first dampen a tea towel and place it under the chopping board to stop it from slipping.

Equipment:

measuring scales and jug
pastry brush
12-basin muffin pan
baking paper (optional)
tea towel
chopping board
kitchen knife
large, heavy-based frying pan
mixing spoon
medium bowl
large jug
whisk

Ingredients:

olive oil, for brushing and sautéing
fresh seasonal produce and
herbs, as below
8 eggs
100 ml fat-reduced cream
freshly ground black pepper
2 small onions or one large one,
chopped finely
100 g feta, crumbled



Fresh seasonal produce:

- In summer (Term 1), use about 30 halved cherry tomatoes and a handful of basil leaves.
- In autumn (Term 2) use 300 g pumpkin cut into 1 cm cubes and roasted for 15 minutes on an oven tray at 180°C, and a small handful of sage (10–15 leaves).
- In winter (Term 3), use 10–12 silverbeet leaves. Chop the silverbeet stems and leaves into ½ cm slices and sauté in a tablespoon of olive oil for 5–10 minutes. Add the sliced silverbeet leaves to the batter and toss through. Use a handful of parsley for your herb.
- In spring (Term 4), use 3–4 zucchini, chopped into 1 cm dice, sautéed over medium–high heat for about 4 minutes until slightly softened. (Or simply grate the zucchini.) Drain the zucchini so it's not too soggy and use a handful of mint, marjoram or thyme for your herb.

What to do:

1. Preheat the oven to 180°C.
2. Brush the muffin pan with a little olive oil, or line them with squares of baking paper or paper cases.
3. Prepare your seasonal vegetable element as outlined above.
4. Add a small amount of olive oil to a frying pan, and lightly sauté the onion until it becomes translucent, 3–4 minutes.
5. Wash the herbs, strip the leaves from any woody stems and lightly chop the leaves.
6. Combine the herbs, onion, feta s and your prepared vegetable in a medium bowl.
7. Whisk the eggs and add the fat-reduced cream.
8. Season with a few grinds of pepper; you won't need salt as the feta is salty enough.
9. Divide the vegetable and feta mix between the basins in the muffin pans.
10. Pour batter over the vegetables and feta mix in each muffin basin until just below the top – they will puff up slightly in the oven.
11. Place the muffin tins into the oven for 20–25 minutes, until set and lightly browned.
12. Cool the frittatas in the pans before removing.

