

The Hungry Friar

Recipes from the Carmelite Family

Frittata with Tomato, Onion and Basil

Ingredients:

3 cups onions sliced very thin

¼ cup extra virgin olive oil

Salt

1 cup ripe plum tomatoes skinned raw with a peeler, seeded and chopped, OR
canned imported Italian plum
tomatoes, drained and chopped

5 eggs

2 Tbs freshly grated parmigiano-reggiano
cheese

Freshly ground black pepper

½ cup fresh basil, torn into very small pieces

2 Tbs butter

Instructions:

1. Put the onion, olive oil, and some salt into a large sauté pan, turn the heat on to low, and cover the pan. Cook until the onion wilts and becomes greatly diminished in bulk, then uncover and continue cooking until the onion becomes colored a rich golden brown.
2. Add the tomatoes and salt, turn the ingredients over thoroughly to coat well and adjust the heat to cook at a steady simmer for about 15 or 20 minutes, until the oil floats off the tomatoes. Tip the pan, push the tomatoes and onion toward the upended edge of the pan, and spoon off the oil that collects at the bottom. When drained of oil, transfer the vegetables to a bowl until their heat abates.
3. (You can cook the onion and tomatoes up to this point several hours or even a day or two in advance. You do not need to refrigerate them if you use them the same day. If refrigerated, bring them to room temperature before proceeding with the frittata.)
4. Beat the eggs in a bowl and add the tomatoes and onion, a pinch of salt, the grated Parmesan, and a few grindings of pepper. After mixing thoroughly to combine well, add the torn-up basil. Melt the butter in the pan (preferably with a non-stick surface) over medium heat. Do not let the butter become colored, but as soon as it begins to foam, pour the egg mixture – stirring it with a fork while tipping it out of the bowl – into the pan. Turn the heat down to very low. When the eggs have set and thickened, and only the surface is runny, run the skillet under the broiler for a few seconds. Take it out as soon as the “face” of the frittata sets, before it becomes browned.