

Use those leftovers to make a filling frittata

A couple of weeks ago, I told you about my quest for veal shanks, which led me to Fortino's. I also told you that the "lovely lady" behind the meat counter who helped me was nameless, because I had forgotten to ask. Well, her name is Joan and the next time you're there, say hi to her for me.

I don't know about you, but at this time of year we're broke, tired, full of eating rich foods and tired of cooking. Okay, well, I never really tire of cooking, I just tire of making the same types of foods and am glad to move on to something else. So, we usually do a fridge/freezer cleanout now. We eat up all the food in the house in order to cut down on the grocery bill. And, we tend to eat a lot simpler than at the holiday season.

Today's recipe is for a frittata. You've really got to admire eggs. They are such a wonderful item. And since I am a big fan of rhyming, I have made a potato ricotta frittata. I also happened to have some ricotta cheese in the fridge that wasn't doing anything and needed to be used.

But this recipe is basic. You can add any variety of foods to your frittata. Just be sure to cook the veggies first, as well as any meat you might be putting in. Then get everything hot and together in the pan before you add the eggs. Toss the whole thing in the oven and by the time you whip up a salad, your



whole meal is ready!

Frittatas also microwave really well the next day if you have leftovers. Try serving with some chili sauce or pickled beets on the side.

To jazz up your frittata or to accommodate food that you've already got and need to use up, here are a few more ideas of things you could add:

Any kind of fresh herbs— minced up and added at the same time as the eggs,

Leftover meat— chopped up cooked turkey or chicken, chopped up sausages or bacon, fresh shrimp or scallops (add these once the veggies are cooked),

Any kind of chopped veggie— zucchini, eggplant, peppers, fresh or frozen corn or peas, any kind of onion or shallot or green onion,

Any kind of cheese— grated or sliced. You can also use up all those dairy ingredients you may have

leftover, milk, half and half, 10% cream, 18% cream, 35% cream or some kind of combination.

A little hint— the more volume of ingredients you get in the pan, the more eggs you need to hold it together. So, if it looks a little scimpy on eggs, just whip up another one with a bit of milk and pour it in too.

The best part is, once you get this

whole concoction out of the oven; if for some reason it doesn't quite hold together when you take it out of the pan, then just give it a stir and make it look like you meant it to appear this way and call it gourmet scrambled eggs! No one will ever know!

Have fun and keep cooking!

(Lori and Gerry can be reached at whatscookin@independentfreepress.com)

Potato Ricotta Frittata

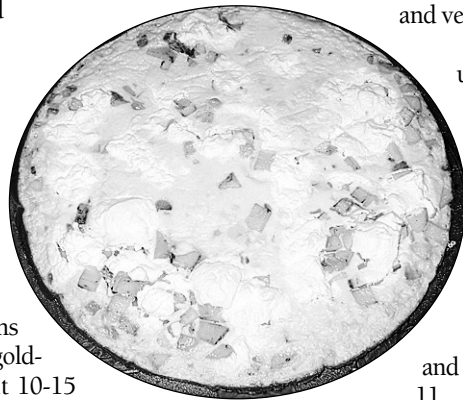
Serves 3

Ingredients

- 2 tbsp olive oil
- 4 medium potatoes (white or Yukon Gold), diced (like hash browns)
- 1 large cooking onion, diced
- One half cup ricotta cheese
- 5 eggs
- 1 cup 2% milk
- Salt and pepper

Method

1. Heat oil in a 10% non-stick, oven-safe fry pan. Preheat oven to 350 degrees.
2. Sauté potatoes and onions over medium heat until slightly golden in colour and cooked (about 10-15 minutes).
3. Salt and pepper the vegetables.



4. In a separate bowl, combine eggs and milk. Whisk thoroughly.
5. Turn heat down to medium low.
6. Using a teaspoon, drop the ricotta cheese onto the potatoes and onions.
7. Pour egg mixture overtop of cheese and vegetables.
8. Allow to cook for 2-3 minutes on the stovetop until the eggs start to cook around the edges of the pan. Do not stir.
9. Place entire pan into the oven, uncovered and bake for approximately 15 minutes until the eggs are puffed and cooked through.
10. Remove from the oven and let rest for 5 minutes.
11. Slide the entire frittata onto a serving platter or flip onto a serving platter. Cut in large wedges and serve.

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Friday, Jan. 25

Burns Supper and entertainment: at Knox Presbyterian Church, Main St. Georgetown. Doors open 6 p.m. Tickets \$15 available from church office, 905-877-7585.



Spaghetti Dinner: 5:30-7:30 p.m. at St. Alban the Martyr Anglican Church Hall, 537 Main St., Glen Williams. Tickets, \$9.50 per person or \$20 per family with children under 12.

Transportation available. For tickets call church office, 905-877-8323.

Terra Cotta hall fundraiser: Spend the day at Casino Rama on Sunday, Feb 3; 10 a.m. pickup in Terra Cotta. Cost is \$10, includes bus and buffet dinner. All proceeds to rebuilding the historic community hall built 1862. Call Ted Webb, 905-877-7737 before Jan 25 to reserve your seats. Limited seats.

Friday night euchre: 7:30 p.m. at Georgetown Legion. Admission: \$2.

Friday night volleyball: Fun, mixed, volleyball on Friday nights in Acton. Non-competitive, 8-10 p.m. All adults welcome for fun and a social evening. Contact Bonnie Walker, 905-873-7125 or John Beaudette, 905-854-0755.

Mock Interview Day: Practise your interview skills with a career information specialist between 9 a.m. and 4 p.m. at 184 Guelph St., Georgetown. A free service. To register, call 905-702-7311, ext. 109 or visit www.thecentre.on.ca.

Community Calendar

Saturday, Jan. 26

Calling Scrapbookers: Georgetown District Christian School is hosting its annual Scrapbooking Fundraiser Day from 9 a.m. to 5 p.m. for only \$40 and it includes lunch, snacks, drinks, gift for coming, door prize tickets, demonstrations, and make 'n takes. All welcome! To register: call the school, 905-877-4221.

Free meditation session: with a donation of a dry or canned food item for the Georgetown Bread Basket, try a one-hour beginner guided meditation session, 10 a.m. at a Georgetown location. Limited space. Info: 905-875-7895.

UCHS auction: The Upper Credit Humane Society Thrift Shop's January Auction ends 4:30 p.m. Jan. 26. Photos and descriptions can be found on www.uppercredit.com or 905-702-8661.

Antique Appraisal Afternoon: 1-3 p.m. at the Upper Credit Humane Society Thrift Shop, Moore Park Plaza, Georgetown. Hosted by Mike Jameson from Hampton's Antiques, who for a donation to UCHS, will assess and value up to two items per person. Light refreshments. Info: 905 702-8661.



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