



Served
with
Love

with
Chef Jared

Ingredient List & Recipe

Episode 8 | 7/15/2020

Steak Frittata and Cucumber Salad

Steak Frittata Ingredients

- 10 duck eggs or 12 large chicken eggs
- 2 cups heavy cream
- 1.5 cups cooked steak, chopped
- 1 cup roasted zucchini, chopped
- 1 cup sautéed greens with garlic
- ½ cup onion, small dice
- ½ cup shredded parmesan
- 2 tablespoons olive oil
- Salt and pepper, to taste

Procedure

1. Preheat oven to 350 degrees F. Heat an 11 inch-oven safe skillet over medium heat. When hot, add olive oil. Swirl to coat pan.
2. Sauté onions with a pinch of salt and pepper, stirring often for about 3 minutes. Meanwhile, whisk together eggs first and then whisk in heavy cream.
3. Slowly pour the egg mixture into the pan of onions, do not over fill the pan. Add a heavy pinch of salt and pepper. Then gently add the steak, zucchini, and greens evenly distributed throughout the pan.
4. Add shredded cheese and continue to cook on the stove top until small bubbles start to rise and the bottom is set.
5. Transfer to the oven and bake for 30 minutes
6. or until golden brown and set in the center. Remove from oven and let rest for 5 minutes.
6. To plate, invert a large plate over the frittata and with 1 hand over the plate, quickly flip the frittata over and out onto the plate. Then place your serving platter over the frittata and using the same procedure flip the frittata to back over onto the serving plate. Cut into slices or wedges and serve.

Yield: 8 servings

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Cucumber Salad Ingredients

- 2 English cucumbers, 1/4" sliced half-moons
- 1/2 cup shallots, julienne
- 20 leaves mint, chiffonade
- 1 lemon, zest and juice
- 1/4 cup honey
- 1/4 cup olive oil
- Salt and pepper to taste

Procedure

1. Zest and juice lemon, reserve lemon zest and lemon juice separately
2. Place sliced cucumbers, shallots, and mint chiffonade in a mixing bowl. Season liberally with salt and pepper.
3. Whisk together lemon juice, lemon zest, honey, and a pinch of salt and pepper. Slowly whisk in olive oil to emulsify.
4. Pour dressing over cucumbers, mint, and shallots. Stir to coat thoroughly. Cover and refrigerate for at least 10 minutes or up to 2 days. Stir again before serving. Re-season with salt and pepper if necessary.

Yield: 4 servings
