

Matt Compton's Farm Frittata



We collect over 40 eggs every day. Matt likes to use our farm eggs to make frittatas, along with bacon and vegetables and his homemade cheese – all from our farm. Frittatas are quicker and easier to make than quiche, and can become a light lunch or dinner with the addition of side dishes. You can easily skip the bacon and add whatever extra veggies you have on hand.

Suggested Wine Pairing:

Compton Rosé of Pinot Noir is light and refreshing with enough acidity to stand up to the savory umami flavors of bacon and mushroom, and will also work if you go all veggie and cheese.

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Ingredients

- 1 ½ cups of light cream
- 6 eggs
- 2 cups of your favorite cheese
- 1 ½ tablespoons butter
- 7 ounces mushrooms cleaned and cut up
- ¾ pound Bacon cooked and cut up small
- 1 large Onion halved and sliced thinly
- Parsley and chives
- Salt and pepper to taste
- Sautéed Kale or chard or spinach (optional)

Directions

Preheat oven to 375 F

1. Using a cast iron skillet, cook bacon and chop up in pieces
2. Sauté up onions in the bacon fat (you may want to remove some of the fat), add butter and sauté the mushrooms, sauté kale or other veggies – season with salt and pepper as desired. If you are skipping the bacon, use butter or oil as your fat.
3. Mix cream and eggs together in blender with light salt and pepper (you can always add more later)
4. Place all the veggies and bacon in your greased cast iron skillet. Distribute evenly around the pan.
5. Add the cheese on top
6. Pour over the egg and cream mixture
7. Bake in the oven for 12-17 minutes or until the center is no longer jiggly and the edges are golden. Be sure you don't overcook the frittata.
8. Slice and serve with a dollop of sour cream and salsa, or whatever you enjoy.