

James' Paleo/Keto Frittata

This was my first ever frittata, never mind paleo/keto, so go easy on me! But it fed four hungry people with a big chunk left over.

I would publish a picture, but it's all gone now!

Frittata is an egg-based dish similar to an omelette or crustless quiche, enriched with additional ingredients such as meats, cheeses, vegetables or pasta. It may be flavored with herbs

Wikipedia

Here's what I did—but really you just need to get the general idea, and then experiment!

Ingredients

Vital Ingredients

10 Pastured, free-range eggs (scale the recipe if necessary!)

A little milk (I used goat's milk because we avoid cow's milk. If you've never tried it and are wary, I bet I could give you a glass of goat's milk and you wouldn't know the difference, especially if we're cooking with it!

Salt and pepper to taste.

Optional Ingredients

Some shallots (I think I used 5 smallish ones). You could use onions, but frittata is a mild-flavoured dish, so shallots work better, I think.

Some coconut oil for cooking, or mild olive oil.

1 Long, pointy red pepper.

Half a yellow bell pepper.

Some meaty things. I used organic pork sausages and some French saucisson sec, but you could use salami, ham, prosciutto (we had some prosciutto, but I forgot to use it!)

Some thinly sliced button mushrooms.

Some broccoli florets, divided small.

I think that's it ... it's really down to what you have in the fridge and want to bung in. I was going to put in some snow peas that we have in the garden, but forgot.

Oh, and some herbs. We have LOTS of small-leaved basil in the garden, so I used some of that, and we had some coriander (leaves – cilantro) in the fridge, so I used some of that. But whatever you like or have to hand. If you don't know, try Googling "herbs to go with eggs".

Method

Peel the shallots, and I sliced the long ways, but it doesn't really matter. Fry gently in a little coconut oil until translucent. Don't let them go brown or crispy (unless you want them brown and crispy—it's all down to what you like!)

I chopped the red and yellow peppers and cooked them in with the shallots. I fried the pork sausages

and then sliced them into small pieces.

Beat the eggs, milk (I didn't measure: just a "splosh"), and herbs in a bowl.

If you have a heavy cast-metal skillet (fry pan) then do all this in that. I don't (but am thinking of getting one!)

I put the cooked ingredients in the skillet (which was still oily from where I had cooked the other stuff) and poured the egg mixture over the top, on a medium heat. I then put in the mushrooms and broccoli, stirred it around a bit, and then put slices of saucisson sec (or salami) on top.

I then experimented with the heat under the pan. Low looked like it would take forever, and I was worried that high would burn the bottom, so I settled for medium, and put a lid on the pan, and then I went and watch the Wimbledon tennis until Susan called, "I think you better come and look at the frittata!"

It looked great, so I turned off the heat.

Then we found a large cake plate and a flat baking sheet. I put the baking sheet on the work surface near the sink (in case of disaster!) and bravely and quickly turned the skillet upside down on the baking sheet. It came out perfectly. We slid it on to the plate and served it with a salad and some home-made salsa. (next recipe).