

SEASONAL SUMMER FRITTATA

Gary Parsons, *H&B Executive Chef*

HARVEY & BROCKLESS

the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

SEASONAL SUMMER FRITTATA

Chef Gary Parsons

Ingredients

SERVES 4 PORTIONS

IN065 Whole Egg Liquid (or 6 whole eggs)	300ml
MA258S Grilled Mixed Peppers, cut	120g
MA257S Sun-Dried Tomatoes, drained and chopped (reserve the oil)	120g
EG271 Blanche Goats Cheese, crumbled	120g
IN165 Cornish Sea Salt Flakes	2g or a good pinch
New potatoes, cooked in salted water and cut	250g
Rocket, washed and drained	30g
Cracked Black Pepper	1g or a good pinch

Method

1. Pre heat the oven to 175C and place a 10-inch non-stick pan on a medium heat on the stove. Make sure your pan has a metal handle as it will need to go into the oven.
2. Add your egg mix into a large bowl and whisk.
3. Add the cooled and chopped new potatoes to the egg mix, followed by the mixed peppers, sun-dried tomatoes, Blanche goats cheese, rocket and finally the salt and pepper.
4. Add a tablespoon of the reserved oil from the drained tomatoes to the non-stick pan and carefully pour in the frittata mix.
5. Leave on the stove until you start to see the egg seal around the edges. Once this begins, place the pan into the oven for 20 minutes.
6. After 20 minutes, remove the pan from the oven and leave to cool for 10 minutes.
7. Once cooled, carefully place a plate over the frittata and flip it over so the frittata is on the plate.
8. Garnish with extra rocket, goats cheese and sun-dried tomatoes.



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*with Blanche goats cheese, rocket, sun-dried tomatoes and
grilled peppers.*

Blanche Goats Cheese

Who knew a log of goats' cheese could be so darn sexy? Sporting a wrinkly alabaster coat, underneath which lies a smooth paste that is delicate and creamy - there is no doubt that Blanche is a sensuous little cheese. At two weeks old, there's a perfumed aroma of dark forest honey on the nose, which carries over in the final flavour - think honeysuckle, herbs and a peppery tingle. The cheese intensifies as it matures but still retains its texture making it perfect for slicing and grilling.

Sun-dried Tomatoes

Naturally field-dried under the Italian sun, these plum tomato halves have great colour and deep umami flavour.

Grilled Mixed Peppers

Ripe, Puglian red and yellow peppers marinated in sunflower oil, garlic and herbs. Lightly grilled.

Cornish Sea Salt

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels.