



TRY THIS

FRITTATA MASTER CLASS

This classic Italian egg dish is its country's answer to the French omelet—but much more versatile. It's great for breakfast, lunch, and dinner, and delicious hot or at room temperature. Learn how to make yours the ideal blend of fluffy eggs and savory filling.

PHOTOGRAPHS BY BRYAN GARDNER

GROCERY LIST

UNSALTED BUTTER
+ SCALLIONS
+ ZUCCHINI
+ EGGS
+ WHOLE MILK
+ FRESH BASIL
+ PROVOLONE



Use a broilerproof nonstick skillet or a well-seasoned cast-iron pan.

1

Sauté your vegetables

▶ Preheat broiler with rack 6 inches from heating element. Melt 3 tablespoons **butter** in a 10-inch broilerproof nonstick skillet over medium-high. Add 1 cup sliced **scallions** (about 6) and $\frac{1}{4}$ teaspoon **coarse salt**; cook until tender, 2 to 5 minutes. Stir in 2 cups thinly sliced **zucchini** (about 1 medium) and cook until tender, 4 to 8 minutes. (This ensures that the vegetables are cooked and won't release extra moisture, which would make the frittata tough and watery.)

2

Beat eggs and add to pan

▶ Meanwhile, beat together 12 **large eggs** and $\frac{1}{4}$ cup **whole milk** with a fork (it gives you more speed and agility than a whisk here) until well combined. Stir in $\frac{1}{4}$ cup thinly sliced **fresh basil**, $\frac{1}{2}$ teaspoon **coarse salt**, and $\frac{1}{4}$ teaspoon freshly ground **pepper**. Pour egg mixture into skillet; cook over medium-high, stirring with a spatula to create large curds (see our technique, *bottom right*), until eggs are wet on top but otherwise set throughout, 2 to 3 minutes.

3

Add cheese and broil

▶ Sprinkle with $\frac{3}{4}$ cup grated **provolone** ($2\frac{1}{2}$ ounces), pressing about half down into eggs. Transfer to oven; broil until puffed and browning in spots and eggs are just set, 1 to 2 minutes. Let stand 10 minutes before slicing. Frittata can be served hot or at room temperature.

NEXT LEVEL: MORE COMBOS

Once you get the basics down, you can come up with your own variations. Just remember, always cook aromatics (onions, shallots) first, then vegetables; add eggs and herbs next, and cheese last.



EARTHY

1 cup sliced **shallots**, 3 cups sliced **mushrooms**, $\frac{1}{4}$ cup chopped **parsley**, $\frac{3}{4}$ cup grated **Gruyère**



SAVORY

1 cup sliced **leeks** (white and light-green parts), $1\frac{1}{4}$ cups halved **cherry tomatoes**, $\frac{1}{4}$ cup thinly sliced **mint**, $\frac{3}{4}$ cup crumbled **fresh goat cheese**

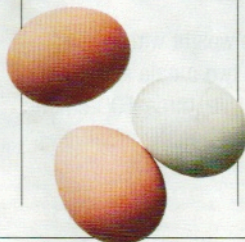


SPICY

1 cup thinly sliced **onion**, $1\frac{1}{2}$ cups **fresh corn kernels**, $\frac{1}{4}$ cup thinly sliced **cilantro**, $\frac{3}{4}$ cup grated **pepper Jack**

THE EGGS

The richest-tasting ones come from pastured hens, like Martha's, that are allowed to peck around freely on grassland. These eggs also often have higher levels of heart-healthy omega-3s, vitamin E, and beta-carotene.



The Secret to Fluffiness

After adding the eggs to the skillet, use a heatproof flexible spatula to stir and push them from the edges to the center of the pan as they cook, so the liquid parts run underneath.