



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Pepper, Ham and Potato Frittata –

4 or 5 medium red potatoes, thinly sliced

½ cup olive oil

1 medium onion, thinly sliced

1 sweet red bell pepper, stemmed, seeded and thinly sliced

¼ lb. thinly sliced ham or Canadian bacon

Salt

8 eggs

Freshly ground black pepper

- 1. Preheat the oven to 350°. Pat the potatoes dry to remove the excess moisture.**
- 2. Heat the oil in a deep, heavy, 12 inch cast iron skillet or other ovenproof skillet over medium heat. Add alternating layers of potatoes and onion, pepper and ham, salting each lightly. Cover the pan and cook gently for about 20 minutes, shaking the pan occasionally and lifting the potatoes carefully to prevent sticking, until the vegetables are tender. Pour off the excess oil.**
- 3. Beat the eggs with a whisk in a large bowl until foamy. Season to taste with pepper.**
- 4. Pour the egg mixture over the potato mixture in the pan, gently move the mixture around in the pan to distribute the egg under and around the potato mixture. Reduce the heat to moderate and cook, shaking the pan occasionally, until the eggs are set on the bottom and still slightly liquid on top. Transfer to the oven and cook for about 10 minutes.**
- 5. Serve the frittata warm or at room temperature, cut into wedges. Do not refrigerate.**
Note: try this dish with other vegetables such as zucchini, eggplant or asparagus.

Credit: The Yachting Cookbook