

ONION FRITTATA (SERVES 8)

INGREDIENTS:

- 5 large onions (about 3 pounds total)
- 3-4 garlic cloves
- 12 egg whites (from extra large or jumbo eggs) or 8 whole eggs (extra large or jumbo)
- 1 tablespoon extra virgin olive oil
- Canola or vegetable oil
- Salt
- 1 cup cheese, grated (can use Parmesan, cheddar, mozzarella, Swiss, or any kind you like)

TIPS:

- To scale this recipe down to serve just 4 people, cut the ingredients in half and prepare the recipe in one 8-inch frying pan.
- The frittata can be cooked in a pan larger than 10-inches, but it will come out thinner.
- This recipe can also be made with leeks, scallions, or shallots, or any combination of these.

DIRECTIONS:

1. Preheat oven to 400°F. Take out a 10-inch frying pan or 2 8-inch frying pans. If your pan does not have a metal handle, wrap the handle with 2 layers of aluminum foil.
2. Wash and dry the onions. Cut onions in half lengthwise (through the root) and peel them. Cut the onions into thin (but not paper-thin) slices, about ¼-inch thick. Crush and peel the garlic cloves, removing any green shoots. Finely chop (mince) the garlic.
3. Heat a large frying pan over medium-high heat for a couple minutes. Add olive oil and then add onions and stir. If it is difficult to stir the onions (and they're flying everywhere), cover the pan for 5-10 minutes. This will steam the onions, which will soften them and make them easier to stir. Remove the lid, add the garlic, stir to combine, and cook for an additional 10-15 minutes, stirring occasionally. (Total cooking time for the onions should be around 20 minutes. For deeper caramelization, cook longer.) Season to taste with salt and pepper.
4. Transfer onions to a bowl and allow them to cool slightly.
5. If necessary, grate the cheese.
6. Separate the egg whites into a bowl. To separate the egg whites, with a bowl underneath your hands, crack an egg and pass the egg back and forth between the 2 shell halves until all the whites have fallen into the bowl and only the yolk remains in the shell. Be sure to remove any shell pieces that may have fallen into the bowl. Discard the yolks or save them for another use.
7. Using a whisk or a fork, beat the egg whites until fluffy. Season with salt. Slowly add the cooked onions to the egg whites, stirring constantly with each addition. Add half of the grated cheese and mix.

ONION FRITTATA (CONTINUED)

DIRECTIONS:

8. Heat the 10-inch pan (or 2 8-inch pans) over medium-high heat for 2 to 3 minutes. Add enough canola/vegetable oil to coat the bottom and sides of the pan. You can either carefully swirl the oil around the pan or carefully rub it around the pan with a paper towel held by tongs. (Discard paper towel immediately.) Pour in the egg mixture and allow it to cook, without stirring, for about a minute. (If using 2 pans, divide the egg mixture between the 2 pans.) When the edges of the frittata look like they're starting to cook (they're turning white and pulling away from the sides of the pan), sprinkle the remaining cheese over the top of the frittata and carefully put the pan in the oven.
9. 8-inch frittatas take about 20 minutes to cook; 10-inch frittatas take at least 30 minutes. Frittatas are done cooking when the middle is set—it won't jiggle or look liquid-y. If it does, then it needs to cook longer.
10. Carefully remove the pan from the oven. Be sure to leave an oven mitt or kitchen towel over the handle to remind you that the handle is extremely hot—this way, you won't accidentally grab it and burn yourself.
11. To remove the frittata from the pan, use an oven mitt or dry kitchen towels to hold the pan handle. With your other hand, use a rubber spatula, regular spatula, or spoon to loosen the frittata from the pan. Once it's been loosened, you can flip the frittata out onto a plate. Cut into wedges and serve.
12. Frittatas can be eaten warm, or chilled and served cold.