

Inndulgence

with
chris sprague

For September, we want to emphasize the importance of buying locally. Here at Ormsby Hill we've always used native ingredients wherever possible to support our local farmers. This month, try something different with tomatoes, basil, potatoes and onions from your garden or farm stand.

Bell Pepper and Potato Frittata

4 Tablespoons extra-virgin olive oil
2 large red onions, thinly sliced
3 cloves garlic, minced
4 red peppers, cored, seeded and cut into thin strips
4 yellow peppers, cored, seeded and cut into thin strips
8 plum tomatoes, cored and chopped
Salt and ground black pepper, to taste
1/4 cup minced fresh basil
1 teaspoon dried oregano
4 medium red potatoes, thinly sliced and steamed until tender
12 large eggs, lightly beaten
½ cup heavy cream
2 tablespoons Dijon mustard

Grease an 11 x 17-inch baking dish and set aside. In a large sauce pan, heat the oil over medium heat and cook the onion until soft, for 10 minutes, stirring often. Add the garlic and both peppers. Sauté for 15 minutes, stirring often. Add the tomatoes, basil, oregano, salt and pepper. Stir thoroughly to combine; reduce the heat to simmer and cook for 25 minutes, stirring occasionally.

Preheat the oven to 375 degrees. Arrange the sliced potatoes in the bottom of the prepared dish. Using a slotted spoon, put the sautéed vegetables on top of the potatoes. In a bowl, whisk together the eggs, heavy cream and mustard. Pour the egg mixture over the vegetables.

Set the dish in the oven and bake for 40 minutes, or until it is just set and lightly golden. Remove the dish from the oven and let sit for 5 minutes. Cut into wedges and serve.

SERVES 8

45 minutes to prepare;

40 minutes to bake