

Chefs' Day at The Market

Compliments

North Vancouver Island Chefs Association - NVICA



NVICA



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Eggs are magical. And a simple frittata packed with market-fresh flavours is the perfect place to let them shine. Tasty, easy to prepare and incredibly versatile, frittatas can be served warm, at room temperature or even cold. But the greatest thing about a frittata is you can vary the fillings depending on the season and what's fresh at the Farmers' Market.

SWISS CHARD & SAUSAGE FRITTATA

Frittatas are often thought of as a brunch staple, but add a tossed green salad, crusty bread* and a glass of crisp, white wine* - and dinner is served. This frittata highlights earthy, colourful Swiss chard* and the Natural Pastures' Parmadammer* cheese for a slight nutty, savoury flavour.*

Ingredients:

3 Tbsp	extra-virgin olive oil
8 oz	sausage, your favourite market variety broken into small pieces*
1 bunch	Swiss chard, stems removed, leaves coarsely chopped*
1/4 cup	grated hard cheese - Parmadammer*
1	small onion, diced*
1-2	cloves of garlic, minced*
1 Tbsp	chopped parsley*
8	large eggs*
1/2 cup	whole milk
1 Tbsp	all-purpose flour*
1 tsp	sea salt*
To taste	freshly ground pepper
1/2 tsp	Spanish smoked or regular paprika



*available at vendor stalls

Method:

Preheat oven to 350°F. In a 10-inch ovenproof skillet cook sausage, breaking into small pieces, stirring often until browned about 3-4 minutes. Transfer to a plate.

Heat 2 Tbsp oil in same skillet, add onions and garlic and sauté until softened. Add chard stems, season with salt and pepper, cooking until tender about 4 minutes. Add chard leaves and sauté until wilted 2-3 minutes. Transfer to a separate plate, letting cool slightly. Gently squeeze any liquid from the chard.

In a bowl, lightly beat the eggs with cheese, milk, flour, parsley, paprika, salt and pepper. Stir the chard and sausage into the egg mixture.

Add remaining oil to skillet heating over medium. When hot, add egg mixture, spreading evenly. Reduce heat to medium low, cover and cook until the eggs are set about 1-inch in from the sides of the pan, 6-8 minutes. Remove lid, transfer frittata to the oven and bake until set, 15-20 minutes longer. Let cool briefly.

Cut into wedges and serve warm or at room temperature.

An eggshell's colour is determined by the breed of hen and has no bearing on either taste or nutritive value.

Healthy, happy chickens from our local farmers produce healthier eggs with deep-orange, nutrient-rich filled yolks and plenty of perfect protein!



Eggs - Nature's Wonder Food



Protein-rich, packed with vitamins and minerals - eggs are nature's wonder food. Nutritious and loaded with high-quality protein, vitamins A, D, E and B12, they contain all 9 essential amino acids, are rich in iron and just about every other important vitamin and mineral there is.

Your body can effectively use 94% of the protein in a whole egg making it a perfect muscle-building, fat-burning fuel.

A Simply Perfect Soft- Boiled Egg - Executive Chef Aaron Rail - *The White Whale Restaurant*

Ingredients: 2 - 4 eggs* ice for an ice-bath

Method: Remove eggs from the refrigerator. With a pushpin poke a hole in the narrow end of the egg - this makes it easier for peeling. Fill a large bowl 2/3 full with ice, and then fill the bowl with water. Fill a pot with enough water to ensure the eggs will be covered by 1-inch. Bring water to a boil.

Using a slotted spoon gently lower the eggs into the boiling water and set the timer for exactly *6 minutes and 35 seconds*. **NOTE:** It's important to keep the water at a gentle boil. And if a little white seeps out, don't worry, it happens.

When the timer goes off, use a slotted spoon to *immediately* transfer the eggs to the ice bath – this part is imperative for the perfect soft-boiled egg. Let cool and peel. Enjoy!



Egg shells are porous and their flavour can be effected if exposed to odours in your fridge.

Store eggs in the carton you bought them in - it was designed to protect the eggs, keep odours out and maximize their shelf life.

In a recipe calling for room-temperature butter, it's best to use room-temperature eggs. The same temperature ingredients incorporate more effectively, producing the ideal texture in both the batter and end result.

To take the chill off cold eggs, place in a bowl of warm water and let stand 5 minutes. Or leave eggs at room temperature for 30 minutes.

Kitchen Conversions

Eggs are a fundamental part of baking. The correct egg size is important in recipes with exacting measurement requirements such as cakes, cookies custards, puddings, flans and cream pies.

If substituting another size egg this chart will help.

Large eggs:

1 whole egg = 3 1/4 Tbsp or 2 oz.

3 whole eggs = 1/2 cup

Large yolks:

1 egg yolk = 1 Tbsp

6 egg yolks = 1/2 cup

Large whites:

1 white = 2 1/4 Tbsp

6 whites = 1/2 cup



Cholesterol in eggs is balanced with *lecithin*, a substance that keeps cholesterol moving in the blood stream, preventing it from depositing in the arteries – a great example of how Mother Nature creates balance and synergy in whole, natural foods!

Chef Aaron Rail, *White Whale Restaurant* provides another of his favorite recipes this time using yogurt.

CARAMELIZED YOGURT: Drain 2 cups of yogurt* in a sieve, lined with cheesecloth set over a bowl or in a yogurt cheese maker, overnight in the fridge. Combine whey with 1 cup sugar in a pot and caramelize over medium heat. Allow caramel to cool slightly then mix into the yogurt. Enjoy!