

Chefs' Day at The Market

Compliments

North Vancouver Island Chefs Association - NVICA



NVICA



Find us on Facebook

northvancouverislandchefs.com

A frittata packed with market flavours is the perfect dish to highlight farm-fresh eggs. Easy to prepare and incredibly versatile, frittatas can be served warm, at room temperature or even chilled. One of the greatest things about a frittata is you can vary the fillings depending on the bounty of the season and what is fresh at the Farmers' Market.

SAUSAGE FRITTA WITH FARM-FRESH HEARTY GREENS

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 greens and 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 hearty greens, stems removed and brunoised, leaves coarsely chopped*
- 1/4 cup grated hard cheese - Parmadammer*
- 1 shallot, 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 market 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 the stems, season with salt and pepper, cooking until tender about 3-4 minutes. Add the leaves and sauté until wilted 2-3 minutes. Transfer to a separate plate, letting cool slightly. Gently squeeze any liquid from the greens.

In a bowl, lightly beat the eggs with cheese, milk, flour, parsley, paprika, salt and pepper. Stir the greens 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, then slice, serve and enjoy.

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

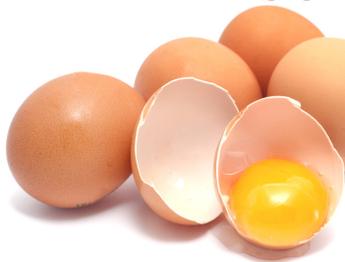
Healthy, happy chickens from our local farmers produce healthier eggs with deep-orange, nutrient-rich filled yolks and plenty of perfect protein!



cvfm.ca



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.

Bacon and Eggs in a Basket - compliments NVICA member Janet Kerr Hall

4 slices bacon* 4 eggs*

Preheat oven to 350°F. Partially cook bacon slices by frying them in a skillet for 2-3 minutes. Remove and drain on paper towels. Bacon will finish cooking in the oven.

Lightly oil muffin tins (silicone moulds also work well).

Taking one slice at a time of the partially cooked bacon, wrap inside of the muffin cup to create a ring. Repeat with the remaining slices. Carefully crack one egg into each bacon lined cup. Bake 15-20 minutes until the centers are set and eggs are done to your liking. Carefully remove the bacon and egg in a basket to a plate. Serve with toast and enjoy!

Chef's note: At this point you can fancy it up and sprinkle tops of eggs with chives, goat cheese, Parmadammer cheese - whatever! My kids like it plain, sprinkled with a bit of sea salt and freshly ground black pepper.



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 recipes 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!

Local chef Aaron Rail, provides one of his favorite recipes using yogurt from the Farmers' Market

CARAMELIZED YOGURT: Drain 2 cups of yogurt in a sieve, lined with cheesecloth set over a bowl (or using 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!