



3 Egg Frittata

Chef Andrew Vogel

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Introduction: This recipe is very adaptable! Use the following ratio to add in whatever ingredients you prefer:

3 eggs

1.5 tablespoons Heavy Cream (or Half and Half), *optional*

½ cup shredded Cheese – use whatever kind you prefer! Cheddar is great, so is Swiss!

1 cup (total) of vegetables/meat. Be sure you pre-cook your meats (like bacon) and any vegetables before adding the eggs.

Ingredients:

1 tablespoon Butter (or Oil)

3 each Large Eggs

1.5 tablespoons Heavy Cream or Half & Half, *optional*

¼ cup Onion, chopped

½ of a Roma tomato, chopped

1 tablespoon Chives, chopped

½ cup Cheese, shredded (I used Swiss)

Salt & Pepper, to taste

Special Equipment: 9" non-stick pan

Directions:

Preheat your oven to 350. If you're using meats (like bacon), precook them now.

Break the eggs into a bowl, season with salt and pepper, and whisk until the eggs are fully blended.

Add butter (or oil) to the pan over medium heat and allow it to melt, about 1 minute. Once the butter has melted, add the vegetables you're using and saute until the vegetables are softened and have a bit of color from the pan, about 3-5 minutes, stirring frequently.

Pour the beaten eggs over the sauted vegetables. If you're using meats (like bacon), be sure they're pre-cooked – and add them now.

Using a spatula or a wooden spoon, move the egg mixture around in the pan so uncooked eggs flow under the cooked eggs. Once the eggs are mostly set, top with the cheese, the chopped tomatoes, and the chives.

Put the pan into the preheated oven for 3-4 minutes, until the eggs are set and the cheese on top is melted.

Garnish the top with a little bit of the ingredients that are inside the frittata... In this case, onions, chives, tomatoes, and cheese. It makes it look pretty! Put the frittata on a plate and enjoy!



Basic Vinaigrette

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Introduction: This basic recipe uses a ratio of three parts oil to one part vinegar. If you stick with that ratio, you can add whatever you like to this vinaigrette.

If you have some fresh herbs, feel free to chop and add them – about ½ tablespoon is a good amount (more or less to your taste).

You can use different kinds of vinegars – or do a blend of citrus juices and vinegar – or use different kinds of oils, to make your very own signature vinaigrette!

Ingredients:

½ tablespoon Prepared Mustard (I used Dijon Mustard)

1/3 cup Vinegar (I used Red Wine Vinegar)

1 cup Oil (I used Canola Oil)

Salt & Pepper to taste

Directions:

Put the mustard into the bottom of a medium-sized mixing bowl. Add the vinegar. Season with salt & pepper. Start whisking vigorously, and slowly drizzle in the oil. Keep slowly adding the oil until all of it is in, and you have a nicely emulsified dressing. Check the seasoning, and serve!

This is dressing delicious and refreshing over mixed salad greens, and you can top those greens with whatever you like. I used strawberries, slivered almonds, and raspberries.