Breakfast / Italy

Italian Frittata

A thick, golden disc of eggs — set at the edges, custardy at the heart — studded with whatever the season offers, finished in the oven until the top blooms in faint bronze islands.

Time 30 min **Servings** 4

What you'll need.

- ☐ 100 parts Eggs (large)
- ☐ 10 parts Extra-virgin olive oil
- ☐ 60 parts Seasonal vegetables (zucchini, leek, artichoke)
- ☐ 2 parts Fine sea salt
- ☐ 15 parts Whole milk or heavy cream
- ☐ 20 parts Parmigiano-Reggiano, finely grated
- ☐ 5 parts Fresh flat-leaf parsley, roughly torn
- ☐ 0.5 parts Freshly ground black pepper

Let's make it.

01 Crack eggs into a wide bowl. Add milk or cream, Parmigiano, parsley, salt, and pepper. Whisk briskly for 30–40 seconds until completely uniform — no streaks of white, no unbroken yolk pockets. The batter should be one seamless pale yellow.

02 Heat olive oil in a 24 cm (10-inch) oven-safe skillet over medium heat. Add vegetables and cook, stirring occasionally, until just tender and any released moisture has evaporated — about 5–8 minutes. The pan should be dry; water in the pan steams the frittata instead of setting it. Season lightly.

03 Preheat the oven to 190 C (375 F). Pour the egg batter over the vegetables in the pan. Reduce heat to medium-low. Cook undisturbed — do not stir, do not cover — until the edges have set completely and turned matte, and the center still quivers like a barely-held jelly when the pan is gently nudged. This takes 5–7 minutes.

04 Transfer the skillet to the oven and bake for 8–12 minutes until the center is fully set and the top surface has developed scattered bronze spots. The frittata will puff slightly in the oven and then settle. Let it rest in the pan for 5 minutes before slicing — it continues cooking from residual heat and firms to a clean-cut texture.

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Servings are an estimate; check quantities in the source recipe.
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