

Warm goat's cheese & asparagus frittata

Thomas Allen Wines
MEMBERS' TABLE RECIPE

Ingredients

4 large eggs
50ml Greek yoghurt
80ml milk (or cream)
150g goat's chevre, crumbled
1 small brown onion, peeled and finely diced
1 clove garlic, crushed
2 rashers of bacon, finely chopped

1 bunch of asparagus,
finely sliced on the diagonal
80g grated Parmesan
½ cup parsley leaves, finely sliced
Salt and pepper
Olive oil



Method

Gently sauté onion with bacon and garlic in a heavy based frypan over a medium heat, stirring frequently, until soft and fragrant. Season lightly with salt and freshly ground black pepper to taste. Lower heat and add asparagus slivers and parsley for another minute until just starting to soften.

Preheat grill (and set tray low enough to allow pan to fit under).

Scatter goat cheese over mix in pan evenly. Whisk eggs together with yoghurt, milk (or cream for a richer result), salt and pepper to taste and pour over pan mix.

Top with a scattering of Parmesan and allow base of mix to start to cook on the stove over a low heat (2 or 3 mins) then transfer pan to grill tray and grill until the top is golden and just set.

Alternatively, transfer the pan mix to a greased oven proof dish before setting the base and bake in a preheated oven at 180°C until just set.

Serve immediately with a crisp green salad, crusty bread and perhaps a little relish - green tomato and saffron springs to mind.

This recipe serves two people easily for an easy main meal or four as an entrée.



← Perfectly matched with
'The Rule Breaker' Chardonnay
Sauvignon Blanc

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