

## ITALIAN FRITTATA AND CORN MUFFINS

### Corn muffins

150 ml flour  
100 ml cornmeal  
25 ml sugar  
10 ml bkg powder  
 $\frac{1}{2}$  egg  
30 ml oil  
125 ml milk  
2 ml salt

### Equipment:

whisk  
large, small bowl  
dry measures  
small measures  
metal spatula  
liquid measure  
fork  
rubber spatula  
muffin tin



### Frittata

60 ml mushrooms,  
sliced  
1 green onion, sliced  
10 ml margarine  
3 eggs  
5 - 10 ml parsley  
2 ml basil  
30 ml parmesan  
Salt and pepper

### Equipment:

Small cast iron skillet  
Bowl  
Fork  
Chef's knife  
Cutting board  
Measuring spoons

### **Corn Muffin Method:**

1. Measure flour, cornmeal, sugar, baking powder and salt into a large bowl. Whisk together and make a well.
2. Beat egg in small bowl until frothy. Mix in oil and milk.
3. Pour into well. Stir just enough to moisten.
4. Fill greased muffin cups  $\frac{3}{4}$  full.
5. Bake at 400°F (200°C) for 20-25 minutes.
6. Leave in pan 5 minutes, then remove. Serve warm. Makes 6.

### **Frittata Method:** (start cooking with 10 mins left on muffins)

1. Sauté mushrooms and onions in margarine until tender crisp. Beat eggs in bowl. Add parsley, basil, salt and pepper and half the cheese to the eggs. Mix well.
2. Spread mushroom mixture in an even layer in the pan. Pour eggs over top.
3. Cook over medium heat without stirring, until edges are lightly browned. Preheat broiler.
4. Sprinkle with remaining cheese.
5. Broil until top is golden brown. Cut into wedges and serve hot.

**Product standards:** light and fluffy eggs, golden; cornbread is well-risen, rounded golden tops