

RECIPES
for Investing



VEGETABLE FRITTATA

Serves 4-6

BROWNED BUTTER

INGREDIENTS:

- 250g butter

METHOD:

1. Cut butter into smaller pieces.
2. Put butter into pot over medium heat. Let butter melt, sputter and boil until it turns an amber colour and smells nutty. This takes about 8-10 minutes.

CARAMELISED ONIONS

INGREDIENTS:

- 150g white onions, sliced
- 25g grapeseed oil

METHOD:

1. Put oil and onion in a pan and sweat slowly while stirring constantly. Continue to cook on low heat for 30 minutes.
2. When the onions become soft and become a nice caramel-like brown, season with salt and set aside.

WHITE BALSAMIC VINAIGRETTE

INGREDIENTS:

- 10g shallots, brunoise
- 40ML white balsamic vinegar
- 120ML grapeseed oil
- Pinch cayenne pepper

METHOD:

1. In a bowl, mix all ingredients together until emulsified.
2. Season with salt.

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MIZUNA SALAD & GARNISHES

INGREDIENTS:

- 25g mizuna
- 5 zucchini shaves
- 15 pieces cherry tomatoes
- 6 mint leaves
- 6 basil leaves

METHOD:

1. In a bowl, add all the veggies and dress with balsamic vinaigrette and season with salt.

SAUTÉED VEGETABLES

INGREDIENTS:

- 50g mixed mushrooms
- 50g zucchini shaves
- 25g spinach
- 15 pieces cherry tomatoes
- 5ML Browned Butter

METHOD:

1. Sweat zucchini and mushrooms with the butter in the pan. Then add tomatoes and spinach just long enough to wilt the spinach.
2. Season lightly with salt and set aside.

FRITTATA

INGREDIENTS:

- 12 eggs
- 1 TBSP shio dashi
- 2 TBSP crème fraiche
- ½ cup Parmesan cheese
- Sautéed Vegetables
- Caramelised Onions
- Browned Butter

METHOD:

1. Preheat oven to 200°C.
2. Whisk eggs, shio dashi and crème fraiche together.
3. Place pan over medium heat and add the Caramelised Onions on the bottom layer then pour in the egg mixture. Mix it up gently.
4. Arrange the vegetables in the pan as creatively as you wish. If you think it looks good, then it does!
5. Add the cheese and bake for about 7-15 minutes or just until the egg is set.
6. Remove from the oven and brush it with the Browned Butter and sprinkle with salt.
7. Add the dressed salad and garnish.

