

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.

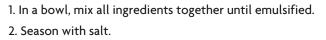
WHITE BALSAMIC VINAIGRETTE

INGREDIENTS:

METHOD:

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









MIZUNA SALAD & GARNISHES

INGREDIENTS:

METHOD:

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

SAUTÉED VEGETABLES

INGREDIENTS:

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

FRITTATA

INGREDIENTS:

- 12 eggs
- 1 TBSP shio dashi
- 2 TBSP créme fraiche
- ¹/₂ cup Parmesan cheese
- Sautéed Vegetables
- Caramelised Onions
- 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.

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

2. Season lightly with salt and set aside.

vinaigrette and season with salt.

METHOD:

- 1. Preheat oven to 200°C.
- 2. Whisk eggs, shio dashi and créme 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 plan 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.

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