

# MASTER CHEF NYU

The Ultimate Cooking Showdown!



## Team: The Tantalizing Trio Vegetable Frittata Stack with Tomato Chili Drizzle

6 large eggs  
1 zucchini  
6 white mushrooms  
4 large red tomatoes  
1 white onion  
6 cloves garlic

3 oz fresh spinach  
3 oz goat cheese  
4 pinches chili flakes  
100 ml olive oil  
Salt and pepper to taste



### Cooking Instructions

Preheat oven to 350 degrees F.

Wash vegetables. Slice zucchini into ¼ centimeter rounds, and coat with 1 ½ tbs. olive oil. Put rounds on non-stick pan and season with a few pinches of salt. Place in oven for 10 mins. or until limp and roasted.

Take off stems of mushrooms, slice mushrooms – ¼ centimeter thick, dice one tomato, dice one onion, mince garlic. Sauté garlic and onion in 2 ½ tbs olive oil, in large pan, until onion become translucent, over med heat. Add mushroom, sauté 2 mins. Add spinach and tomato. Season with salt and pepper to taste. Turn heat off once spinach becomes limp. To easily make spinach become limp cover pan for one min.

Separate eggs, whisk egg whites until frothy and peaks form. Stir egg yolks than re-incorporate them with the whipped egg whites. Stir in one pinch salt and one pinch pepper. Pour egg mixture into 10 ½ inch, greased with olive oil, cast iron skillet. Sprinkle vegetable mixture throughout the pan with the egg mixture. Sprinkle goat cheese throughout the egg mixture as well. Stick frittata in 350 degree F oven for 12 min, or until egg mixture is set and not giggly and a toothpick, when stuck in the egg mixture, comes out clean.

To create tomato chili drizzle dice 2 tomatoes, put in blender, blend with chili flake and olive oil, drizzle rest of olive oil in while blending, to a thin salad dressing consistency.

# MASTER CHEF NYU



*The Ultimate Cooking Showdown!*



## To plate:

- Cut out two frittata rounds, 3 inches in diameter.
- Place one round on serving plate
- Circle zucchini on top of frittata round, over lapping each one. Probably 6-7 zucchini rounds.
- Place second frittata round on top of zucchini rounds.
- Do another circle of zucchini over lapping on top of second frittata round.
- Dot tomato chili drizzle on plate around frittata stack. Around 15 dots.
- In center of the top of the frittata stack stick a small spring of parsley for garnish

## To Consume:

- Cut bite size piece of frittata stack and dip in a dot or two of tomato chili drizzle