

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Great Cranberry
Leek and Bell Pepper Frittata Sandwich with
Sweet Potato Puree and Shaved Asparagus

Ingredients:

(for one serving)

- 2 eggs
- 1/3 cup of diced bell peppers (red and orange)
- 1/4 cup of diced leeks
- 1 sweet potato (half sliced thinly, half diced)
- 3 asparagus stalks shaved and lightly steamed
- 1 shallot finely diced
- 1 tbs and 1 tsp of olive oil
- 1/2 tsp of red wine vinegar
- 2 sprigs of fresh thyme
- salt and pepper to taste

Instructions:

1. Prep/Cut vegetables as instructed above.
2. Boil half of the sweet potato and steam asparagus over it.
3. Brush potato slices and place under salamander to create chips.
4. Puree sweet potato with boiling liquid as needed.
5. Sautee leeks and peppers in olive oil and prepare 2 frittatas with the eggs in ring molds.
6. Dress asparagus with shallots, 1 tsp olive oil and 1/2 tsp of vinegar.
7. Place one frittata on the plate, followed by layer of chips, then puree, then more chips, then second frittata and finally finish with shaved asparagus on top.