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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: KING OYSTER – EASY FRITTATA WITH ERYNGII MUSHROOMS

(4 servings)

INGREDIENTS / AMOUNT

6 large eggs, beaten
1 small potato
4 asparagus spears, trimmed
1 small onion, sliced
½ cup sliced eryngii
1 tablespoon crumbled feta cheese
2 tablespoons shredded mozzarella cheese
1~2 tablespoons olive oil
sea salt and black pepper

PREPARATION/PROCEDURE:

- 1 Prick potato with fork (no need to remove skin) and wrap with paper towel. Microwave 2 minutes on high heat. Cut into bite sizes.
- 2 Heat oil in large nonstick skillet (bottom: 7~8 inches) on medium-high heat. Add vegetables and stir-fry. Add cooked potato last. Salt and pepper to taste.
- 3 Sprinkle feta cheese over the vegetables.
- 4 Add eggs to cover all ingredients in the pan. Cook on medium heat for 6 minutes.
- 5 Add mozzarella cheese. Cover with lid and cook another 5 to 6 minutes or until center is cooked.
- 6 Insert spatula from the edge of the pan to slice frittata on to a serving plate. Serve immediately.

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(Source: OLG Hamburg, version of 17 July 80, Schulze OLGZ 229, p.7 – on using parts of a recipe)

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