

Frittata İtalyan Omleti

Easy Italian frittata recipe with eggs, vegetables and cheese. Perfect for breakfast, brunch or dinner. Ready in 30 minutes!

10 min

HAZIRLIK

30 min

PIRME

40 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

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Malzemeler

- 6 egg
- 1 cup heavy cream
- 1 cup zucchini
- 1 cup broccoli
- 1 tbsp olive oil
- 4 scallion
- 2 clove garlic
- 1 pinch salt
- 1 pinch black pepper
- 1 cup cheddar cheese

Yapılışı

- Prepare oven and pan**

Preheat oven to 190°C (375°F). Heat 1 tablespoon olive oil in a 25cm (10-inch) oven-safe skillet over medium heat.
- Prepare egg mixture**

Crack 6 eggs into a large bowl. Add 1 cup milk and whisk vigorously until well combined and slightly frothy, about 1 minute. Season with 1 pinch salt and 1 pinch pepper.
- Cook vegetables**

Add 1 cup mixed vegetables to the hot skillet. Cook, stirring occasionally, until vegetables are tender and any liquid has evaporated, about 5-6 minutes.
- Add 2 cloves minced garlic to the skillet and cook until fragrant, about 30 seconds, stirring constantly to prevent burning.**
- Start the frittata**

Pour the egg mixture over the vegetables in the skillet. Gently stir once to distribute vegetables evenly, then stop stirring.
- Cook on stovetop for 3-4 minutes without stirring, until the edges begin to set but the center remains liquid and jiggly.**
- Finish in oven**

Sprinkle 1 cup cheese evenly over the top. Transfer skillet to preheated oven and bake for 12-15 minutes, until center is just set and no longer jiggly when gently shaken.

Remove from oven and let rest for 3-5 minutes to finish setting. Cut into wedges and serve warm or at room temperature.

?puçlar?

Use a well-seasoned cast iron skillet or quality non-stick pan to prevent sticking. Cast iron provides excellent heat retention and creates a beautiful crust, while non-stick ensures easy release and cleanup.

Maintain the proper egg-to-dairy ratio for best texture. Use about 1/4 cup of milk or cream per 6-8 eggs. Too much dairy will make the frittata watery, while too little will result in a tough texture.

Pre-cook high-moisture vegetables like mushrooms, tomatoes, and leafy greens before adding them to the egg mixture. Sauté them until most of their water has evaporated to prevent a soggy frittata.

Don't overcook the frittata - it should still be slightly creamy in the center when you remove it from the oven. The residual heat will continue cooking it to the perfect consistency.

Let the frittata rest for 2-3 minutes after removing from the oven before slicing. This allows it to set properly and makes cleaner cuts.

Season generously with salt and pepper, and don't forget fresh herbs. Add delicate herbs like basil or parsley after cooking, while heartier herbs like thyme or rosemary can be cooked with the eggs.

For extra richness and flavor, add a handful of grated cheese like Parmesan, Gruyère, or sharp cheddar. Sprinkle some on top during the last few minutes of baking for a golden, bubbly surface.

Cook over medium-low heat on the stovetop to prevent the bottom from browning too quickly before the eggs have a chance to set properly.