Artichoke & Potato Frittata

From the blog For Love of the Table

8 or 9 oz. baby Yukon, Dutch or new potatoes, scrubbed
2 to 3 T. Olive oil
salt & freshly ground black pepper
2 large spring onions, trimmed, halved and thinly sliced (about a half cup)
2 large artichokes, turned and rubbed with lemon
1 oz. thinly sliced prosciutto (~2 slices), cut crosswise into 1/4-inch ribbons
1/2 T. picked fresh thyme
1 1/2 T. minced Italian flat leaf parsley
6 large eggs, preferably at room temperature
1 oz. grated Parmesan (1/3 cup)

Place the potatoes in a small saucepan and cover with salted water. Bring to a simmer and cook until tender when pierced with the tip of a knife. Drain and set aside until cool enough to handle. Peel the potato slices 1/4 to 1/3-inch thick. Drizzle with a bit of olive oil, season to taste and set aside.

Heat a tablespoon or so of oil in a medium-sized sauté pan. Add the onion, along with a pinch of salt, and sweat until softened...5 minutes or so. While the onions cook, halve the artichokes and cut the halves crosswise into 1/4- to 1/3-inch thick slices. When the onions are soft, add the artichoke pieces to the pan along with a pinch of salt. If the pan seems dry, add a drizzle of oil. Increase the heat to medium and continue to cook, stirring occasionally, until the artichokes begin to sizzle. Add a splash of water (or white wine, if you prefer) to the pan (liquid should just cover the bottom of the pan) and bring to a simmer. Reduce the heat and cover the pan. Cook the artichokes at a gentle simmer until they are tender to the tip of a knife...15 to 20 minutes (check the pan occasionally to make sure there is always a small amount of liquid present, supplementing with more water as necessary). When the artichokes are tender, uncover and increase the heat so that any remaining liquid will evaporate. When the artichokes are once again sizzling in the oil (i.e. all the liquid is gone), add the prosciutto and herbs. Continue to cook for another minute or so, stirring/tossing to make sure the prosciutto and herbs are evenly distributed among the artichokes. Taste and season. Set aside.

To prepare the frittata, preheat the broiler and place a 10-inch non-stick sauté pan (I prefer French steel pans) over moderately high heat. Break the eggs into a bowl and beat just to break them up. Season with salt and pepper and fold in the potatoes and artichokes. Add a half tablespoon or so of oil to the skillet. When the skillet is hot (the oil should be almost smoking), add the egg mixture. The eggs should begin to set immediately. Shake the pan back and forth with one hand, while with the other you alternately stir in the center and lift at the edges (in order to let the uncooked egg run underneath those that have coagulated) using a heat-proof rubber spatula. Continue cooking—stirring, shaking and lifting—until the eggs are mostly cooked but still a bit liquid-y (there will be large curds of coagulated egg and some liquid eggs). This should only take a couple of

minutes. Reduce the heat to very low and allow the frittata to sit without stirring for a minute or so (sliding the pan back and forth a couple of times to make sure the frittata isn't sticking). This will give the frittata the opportunity to set up into a solid cake.

When the frittata is mostly set, place the skillet under the broiler and broil just until the surface is no longer moist—about 30 seconds. Sprinkle the cheese over the surface and broil again until the cheese melts—another 30 seconds. Slide the finished frittata onto a platter or cutting board and let sit for a minute or two. Cut into wedges and serve. The frittata may also be served at room temperature. Serves 4.

http://www.forloveofthetable.com/2014/04/the-reward-that-is-artichokeand-recipe.html

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