

Asparagus Frittata

1 bunch thin asparagus
Salt and pepper to taste
6 large eggs
⅓ cup grated Parmigiano
¼-⅓ cup olive oil

Cut the woody parts from the asparagus, and trim the spears to fit in your frying pan. A 10-inch cast-iron skillet is best for this. Your trimmed asparagus should amount to about 8-10 ounces in weight. Wash the trimmed spears, and dry them with paper towels.

Beat the eggs with salt and pepper to taste just until coagulated. Do not overbeat. Lightly beat in the grated cheese.

Heat ¼ cup of olive oil in the skillet over medium-high heat. Add the asparagus in one layer and fry until the spears begin to brown, appear slightly charred, and are tender. Roll the spears so that all sides get cooked. Season the asparagus with salt and pepper.

Increase the heat to high. If the olive oil seems to have completely evaporated, add the remaining oil to equal 1/3 cup in total. Pour in the beaten egg mixture. Swirl and tilt the pan so that the egg mixture is evenly distributed. Begin shaking and striking the pan against the burner to help prevent sticking.

With a thin metal spatula, lift the edges of the frittata and tilt the skillet to let the remaining liquid egg flow underneath. Continue shaking and striking the pan. If the frittata appears to be sticking, slide the spatula under it. When almost all of the liquid is cooked, invert a plate the size of your skillet over the frittata, and flip the frittata onto the plate. (I do this over the sink to catch the drippings in case any liquid still remains.)

Return the skillet to the heat, and slide the frittata from the plate back into the skillet to cook the other side. This should take only a couple minutes. Once again, flip the frittata onto a serving plate.

I believe frittatas taste best if they sit for about 5-10 minutes before serving. However, they may be served hot, at room temperature, or even cold from the refrigerator.