

Asparagus Frittata

Author: Chef Eric



These little open-face Frittata tapas are easy and quick to make, with delicious flavors of asparagus and goat cheese. They are perfect finger foods to nibble on for your cocktail parties.

Ingredients

- 1 teaspoon olive oil
- 10 large green asparagus spears, about ½ pound
- 2 large garlic cloves, peeled and finely chopped
- 6 large free-range eggs
- 3 ounces goat cheese
- 1 cup cream
- ½ cup grated Spanish Roncal cheese, Gruyere or Parmesan
- Salt and pepper, to taste
- 2 dozen toothpicks

Preparation Time	30 min	Difficulty	Very simple
Portions	8 servings	Yield	
Country/Region			
Vegetarian	Yes		

Preparation

Line a 5 x 8 inch shallow ovenproof pan with parchment paper, brush with oil on all sides and set aside. Wash the asparagus and remove the woody ends. Hold each spear at both ends and bend it gently. It will snap at its natural breaking point.

Cook the asparagus in boiling water for 2 to 5 minutes, depending on how thick they are or until tender. Drain and refresh in iced water. When cold, remove the asparagus and pat dry them with a clean dry towel. In a large non-reactive bowl, whisk together the remaining ingredients comprising of finely chopped garlic, eggs, goat cheese, cream, cheese, salt and pepper to taste. Pour the mixture into the shallow pan and smooth the top. Arrange the asparagus lengthwise into the egg mixture making sure to distribute it well.

Bake in a preheated oven to 350° F for 25 to 30 minutes until golden brown, puffed and set in the center. Remove from the oven and let it cool and set. Run a spatula round the edge, then invert onto a cutting board, browned side up. Peel off the paper. If the surface looks a little runny, put it under a medium broiler to dry out. Let it cool completely.

Trim the edges if necessary then cut into 24 squares. Serve on a platter with wooden toothpicks, or secure each square to a slice of bread.

Notes

Discover the origin of Roncal cheese: Roncal comes from rich sheep's milk of the legendary Lacha and Aragonesa breeds of the Oveja sheep. Depending on the season, these herds graze in the high Pyrenees or the Bardena area of Navarra, the province that was the setting for Ernest Hemingway's "The Sun Also Rises." Roncal, made in one of seven villages in the Valley de Roncal, has nutty and piquant flavors with a firm, chewable texture. Somewhat similar to Pecorino Toscano and Manchego, Roncal has its own unique, mouth-watering character and pairs well with many types of wine. Try this cheese with Tempranillo.